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THE  
*Family Physician,*

OR

**POOR MAN'S FRIEND,**  
*AND MARRIED LADY'S COMPANION:*

Containing a great variety of  
**VALUABLE MEDICAL RECIPES,**

DESIGNED TO ASSIST

**HEADS OF FAMILIES, TRAVELLERS AND  
SEA-FARING PEOPLE,**

**IN CURING DISEASES;**

*With concise directions for the Preparation, and Use of  
a numerous collection of*

**THE VEGETABLES MADE USE OF;**

AND DIRECTIONS FOR

*PREPARING AND ADMINISTERING THEM  
TO CURE DISEASES;*

Together with many of the most approved  
**FROM THE SHOP OF THE APOTHECARY.**

ALL IN PLAIN ENGLISH;

**BY A. WEYER.**

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**ST. CLAIRSVILLE, O.**  
PUBLISHED BY THE AUTHOR;  
HORTON J. HOWARD PRINTER.  
**1831.**

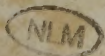
## DISTRICT OF OHIO, Sct.

BE IT REMEMBERED, that on the 26th day of January, in the fifty-fifth year of the independence of the United States of America, A.D. 1831, A. Weyer of the said District, hath deposited in this office the title of a book, the right whereof he claims as proprietor, in the words following, viz: "The Family Physician, or Poor Man's Friend, and Married Lady's Companion: Containing a great variety of valuable medical recipes. Designed to assist heads of families, travellers and sea-faring people, in curing diseases; with concise directions for the preparation, and use of a numerous collection of the vegetables made use of; and directions for preparing and administering them to cure diseases; together with many of the most approved from the shop of the Apothecary; all in plain English, by A. WEYER."

In conformity to the act of the Congress of the United States, entitled "An act for the encouragement of learning, by securing the copies of maps, charts and books to the authors and proprietors of such copies, during the times therein mentioned," and also to the act entitled "an act supplementary to an act entitled An act for the encouragement of learning, by securing the copies of maps, charts and books, to the authors and proprietors of such copies, during the times therein mentioned," And extending the benefits thereof to the arts of designing, engraving, and etching historical and other prints."

Attest  
[L. S.]

WILLIAM MINER,  
*Clerk of the District of Ohio.*



67-5794

## PREFACE.

EVERY mortal is liable to be thrown into suffering, by accident or by disease; and no situation or circumstance of life exempts any one from "the common lot."

Physicians and Surgeons cannot be present in every place; nor can they *alone* do every thing, which should be done for those to whom they are called. The sick and wounded must depend much on nurses and attendants; and almost every individual thing which is done for the sick, is influenced by the notions or prejudices of the attendants. How important, then, that the means of information, in relation to the healing art, be extended to every one who may suffer, or can watch. There are cases, also, where medical aid cannot be obtained—and shall the sufferer lie without relief? In the following work I have attempted, in the plainest language, to inform the reader what he should do, when he is a witness to pain and sickness, and no one present better informed than himself.

In the pursuit of this object, I have made a free use of any and every author, whose work I could obtain, without marking any quotations. This I should not have done, but as it became necessary to alter the dress of that which was designed for the learned, to make it intelligible to the unlearned.

In the SURGICAL part, I have endeavored to describe what every man may do, (and they may do much;) in many cases, immediate and effectual assistance may be afforded, where people are now idle spectators; and frequently departing life may be staid, till a surgeon arrives to make all safe.

The part which contains Recipes for Apothecaries' Medicines, will be found convenient.

What is said of the preparation of roots and herbs, and *Botanic remedies*, I think may be relied on. The collection is sufficiently numerous to an-



swer every purpose of medicine, in common hands, and they should always be preferred when and where they can be obtained. Where the common names are not certainly known, recourse should be had to a botanist, who, of all people in the world, is the most ready to communicate.

It is easy to foresee who would scout the idea, that a work of this kind, in plain English, could be useful. Indeed, the supercilious mouthings of *little men dubbed Doctors*, only because they can try tricks and talk *hocus pocus*, was anticipated.

Have not the pains and sickness incident to our nature, travelled in company with our mother tongue, down the generations of our fathers even to us? Can any one, in his sober senses, suppose for a moment, that the language of a nation is not a mirror of troubles? If our vernacular tongue is filled with signs of suffering, and types of disease; it is rich in the names of remedies; and that man is a heathen who would hide them under an affectation of foreign gibberish.

Let it not be supposed that it is here meant to lower the physician in the estimation of the people, or to deprecate learning; far otherwise: it is intended to enable the people to appreciate their physician according to his true worth, and to look at the sun of science through a better medium than smoked glass.

Neither the arts nor the learned professions should be denied the aid of technicology; yet the artist and the professor, should remember that the English language is sufficient for all the common purposes of intercourse; and that the man of learning, who cannot communicate with the world, in the world's vernacular tongue, has no claim on the public: he may indeed be a very industrious man in the closet, but a very useless one in society — The perfection of art is to do without apparatus; and here the great man and the useful man meet, on common, well known ground; and here true

learning and common sense embrace without reserve.

It would be a God-like act, in all persons in tolerable circumstances, to keep a small medicine chest, not only for the benefit of their own families, but also of their sick and indigent neighbors, who often suffer, and sometimes perish, for want of proper medicines, seasonably administered. It would not only save a great deal of time, and expense of sending on every trivial occasion, to a distant physician, but must also afford to a tender parent or master, an infinite satisfaction, because of the very great advantage it gives him over a disease, when he can meet with a suitable remedy, at the first moment of its attack. For there can be no doubt, that thousands have perished; not because there were no remedies, but because these remedies were at such a distance, that the patient was lost, before they could be brought to him.

Should a very learned critic cast his eye on these pages, he will here learn, that this book was written for the unlearned; and he will also learn, that a handkerchief, tied loosely round a man's leg above a wounded and bleeding artery, and a stick twisted into it, will as effectually save life as a surgeon's tourniquet—and many such things. He will therefore, please spare this little work, for the sake of him whose house is far removed from the surgeon, and who has no money to pay the physician.

On the whole, the author flatters himself, that the "Family Physician, or Poor Man's Friend, and Married Lady's Companion," will prove highly useful to his fellow citizens; and under this pleasing impression, he submits it to their perusal and patronage.

The liberal patronage received from the public, by a subscription for this work, shall always be remembered with gratitude, by

A. W.



NOTE.

*Indigent Sick*—Having in the course of my travels, so often witnessed the most greivous sufferings of the sick, for want of suitable nourishment, and this occurring, too, not unfrequently in respectable families, who have been reduced in circumstances, I feel it my duty, since it is not foreign to the subject, to call the attention of those in affluence throughout our numerous cities, and extensive country, to extend the arm of charity to the indigent sick, in their respective neighborhoods. While feasting in their own houses, let them listen to the voice of humanity, and not forget the “house of mourning,” where the lone widow and her orphans pine in sick and starving solitude. It is not easy to estimate the good which may be done to suffering humanity by beneficent acts of this kind.

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I have always thought it a greater happiness to discover a certain method of curing, even the slightest disease, than to accumulate the largest fortune; and whoever compasses the former, I esteem not only happier, but wiser and better.

*Sydenham.*

# THE FAMILY PHYSICIAN, &c.

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## FEVERS.

### *Intermittent Fever.*

THE name *Intermittent* is given to that kind of Fever which consists of paroxysms, between each of which there is a distinct and perfect intermission from febrile symptoms. It is generally acknowledged, that the effluvia arising from stagnant water or marshy ground, when acted upon by heat, are the most frequent exciting cause of this Fever.

*Symptoms.*—Each paroxysm has three different stages, which are called the cold, the hot, and the sweating stages. The cold stage begins with languor, a sense of debility, yawning and stretching, sluggishness in motion, pulse small, frequent, and irregular; the patient feels cold, first in the back, then over the whole body, followed by a universal shaking.

These symptoms abating after a short time, the second stage commences, with an increase of heat over the whole body, soreness of the flesh, pain in the head, pulse quick, strong and hard, tongue furred, throbbing of the temples, anxiety and restlessness. If the attack has been severe, delirium will frequently arise.

When these symptoms have continued for some time, a moisture breaks out on the forehead.

After these symptoms have continued for some time, the sweating stage comes on, by a moisture breaking out on the forehead, and by degrees becoming a sweat; and this, at length, extends over

the whole body. As this sweat continues to flow, the heat of the body abates, the thirst ceases, the urine deposits a sediment, respiration is free and full, the most of the functions are restored to their ordinary state: the patient is, however, left in a weak and wearied condition.

For treatment see Recipes.

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### *Remittent Fever.*

A *Remittent* is that kind of fever, which abates, but does not go off entirely before a fresh attack ensues; or in other words, where one paroxysm succeeds the other so quickly, that the patient is never without some degree of fever.

*Causes.*—This fever, as well as the intermittent, is principally induced by the effluvia of stagnant water, and marshy ground, and is most apt to arise, when calm, close, and sultry weather, quickly succeeds heavy rains or great inundations.

*Symptoms.*—Preceding an attack of remittent fever, the patient is usually heavy and languid, and is troubled with anxiety, listlessness, sighing, yawning, and alternate fits of heat and cold. On its accession, he experiences severe pains in the head and back, intense heat over the whole body, with thirst, and difficulty of breathing.

This fever is most favorable, when it approaches in form, nearly to an intermittent, or is inflammatory. If in symptoms it corresponds with nervous or typhus fever, the danger is to be estimated as in those fevers.

If the disease assume the intermittent form, or especially if each rise of fever goes off with a sweat, or can be made to, by clearing the stomach and bowels with a dose of tartar emetic and ipecacuanha, in the proportion of one grain of the former, to fifteen of the latter, followed with sweating medicines, then give the bark in the remission, in such doses as the stomach will bear; and if about twenty drops of the diluted sulphuric acid are added to.

each dose, the effect will be increased. If the bark in substance should prove disagreeable, it may be given in decoction.

In places where this fever prevails, a proper dose of the compound tincture of Peruvian bark, taken in the morning, will be found an excellent preventive.

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*Typhus Mitior, or Nervous Fever.*

THIS fever generally attacks persons of weak, lax fibres; those who lead a sedentary life, and neglect proper exercise; those who study much; and those who indulge freely in enervating liquors. Owing to the relaxed habits of those who reside in warm climates, this type of fever frequently occurs, and all other continued fevers are apt to degenerate into this, or malignant typhus.

This fever may be induced by whatever impoverishes the blood, debilitates the general system, or depresses the mind; but the most general cause is contagion.

*Symptoms.*--This fever generally comes on with a remarkable mildness in all its symptoms; and although the patient experiences some trifling indisposition for several days, still he has no reason to suspect the approach of any severe disease. At first there is only a slight chilliness perceived, succeeded by an unusually pale and sunk face. The patient perceives, however, some degree of lassitude and debility, with anxiety, dejection of spirits, sighing, and a loathing of food; and towards evening these affections are increased.

In the course of a few days, and as the disease advances, there arise confusion of thought, giddiness, pain in the head, aching pain in the back, limbs, and flying over the whole body; nausea and vomiting; short, anxious breathing; pulse weak, quick and often intermitting; the tongue becomes dry, and is covered with a dark brown fur; countenance flushed, urine scanty, high coloured, and sp-

tid; cold clammy sweats break out on the forehead and backs of the hands, while the palms glow with heat; profuse diarrhoea, lethargic sleep, involuntary evacuations, cold extremities, convulsions, death. Such is usually the progress of the disease. Sometimes, however, the patient gradually, almost imperceptibly sinks, no threatening symptoms, anxiety, pain, or distress; yet, in such cases, the arteries are seen to tremble or throb, under the chin, and a dark rose or piony-coloured spot appears on one of the cheeks, while the limbs are apt to be cold.

An emetic or cathartic should begin the treatment; especially if nausea, vomiting, or costiveness prevail. For a gentle emetic, it will be right to recommend about fourteen or sixteen grains of ipecacuanha, in case of nausea or vomiting; and in case of costiveness, some laxative medicine should be given to carry off the feculent matter; and to ensure and keep up a regular alvine evacuation in the further course of the disease, it will be proper to repeat this from time to time, or to have recourse to emollient laxative clysters.

After the stomach and bowels are cleared, and a moisture appears, tonics should be prescribed. Throughout the whole course of the disease the patient should be kept perfectly quiet, and none but those whose business it is to attend on him ought to go near him, except the symptoms are very mild, with little or no affection of the head. In such cases the presence of a friend may soothe the mind and help to dispel gloomy ideas. The chamber should be kept freely ventilated and cool, and his bed be lightly covered with clothes; he should be comforted with the hope of a speedy recovery, and his thoughts be diverted from that anxiety and dread of danger which invariably attend the disease.

After the fever has gone off and the patient has somewhat regained his strength, he may take daily exercise on horseback or in a carriage; and in or-



der to remove the irritability and weakness which are left behind, he should enter on a course of the Peruvian bark and other tonics. After a little time, the cold bath will be a proper remedy, if the season of the year is such as to admit of it.

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*Typhus Fever.*

This fever is also called malignant, putrid, spotted, and jail fever; and takes its name from the malignancy of its nature, and the evident symptoms of putrefaction which are to be observed, after a continuance of some days.

*Symptoms.*—The attack is much more sudden than that of nervous fever, and on the first coming on, the person is siezed with languor; dejection of spirits; amazing depression and loss of muscular strength; universal weariness and soreness; pains in the head, back, and extremities, ringing in the ears, throbbing in the temples, beating of the arteries visible in the neck. Sometimes a great heat, load, and pain, are felt at the pit of the stomach, and a vomiting of bilious matter ensues.

As the disease advances, the patient experiences oppression at the breast, anxiety, sighing, and moaning; the pulse increases in frequency, great debility, heat, and dryness of skin; the tongue, mouth, lips, and teeth, are covered with a brown or black fur; the patient mutters much, and delirium arises; bleedings take place from different parts of the body; red, blue, purple, or black spots appear under the skin, the pulse intermits and sinks, the extremities grow cold, hiccups ensue, convulsions and death close the scene.

So soon as any of the symptoms of this fever are perceived, they should be immediately attended to, in order to prevent any bad consequences from ensuing, as they will never go off of themselves, but will continue to increase, until a disease of a most dangerous nature takes place. The most proper remedy at first will be an emetic, and the clearing

of the stomach is not the only good effect to be expected from this remedy. After its operation is over, the bowels may be opened with some gentle laxative. The patient's body may be sponged with warm or cold water, as best suits his feelings; his bed and linen should be frequently changed, his room sprinkled with vinegar and water, pure air admitted, and every attention paid to cleanliness. Decoctions of oak bark, Virginia snake-root, cinnamon tea, or orange peel tea, should be given; to which may be added about ten or twelve drops of the elixir vitriol, nitric or muriatic acids. Through the whole the bowels should be kept open by some gentle axative.

The diet should be light and nourishing, as jellies, broths, &c. After the disease has abated, and the patient is in a fair way of recovery, he should be cautioned not to make any sudden exertion of his strength, or be suddenly raised to a perpendicular posture, which has sometimes proved fatal.

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### *Yellow Fever.*

THIS fever generally comes on with lassitude and weariness, chilly fits, listlessness of every thing around, faintness, giddiness, flushing of the face, redness of the eyes, pains in the eyeballs and lower part of the forehead, as likewise in the back, debility and sighing, and thirst: the urine is high colored, small in quantity, and turbid; the perspiration is irregular, interrupted, and diminished; the saliva is viscid; the tongue is covered with a dark fur; the bile is secreted in unusual quantities, and thrown into the stomach, from which it is again speedily ejected; and the skin is hot, dry, and hard, the eyes, face, and breast, put on a deep yellow tinge; a peculiar delirium arises, the sweats are of a yellow color, and highly offensive; livid spots appear in the skin; the patient in an agony, throws out and draws back his extremities in violent succession; black fetid stools are discharged; hiccup, pulse sinks, and death ensues.

Such are the usual appearances; yet so irregular and so varied in this disease, that the most eminent physicians consider it only as a remittent fever; deranged as to its form, by appearing in subjects unaccustomed to hot climates, so that if all would stay in their native climate the disease would disappear.

The causes of this fever are, exposure to noxious exhalations from swamps, rivers, lakes, ponds, and marshes, or the filth of cities and towns, accumulated under a burning sun. The poison is assisted by an irregular life, intemperance, exhaustion of the system, from whatever cause.

Affusion and sponging the body with cold water, when the heat of the system is steadily above the natural temperature, may be applied early in the disease. After the bowels have been loosened by some mild purgative, when malignant symptoms threaten, the bark may be used in substance or decoction, as best suits the stomach. The bark should be continued till health is completely restored.

The patient's strength is to be supported throughout the disease, with preparations of barley, sago, Indian arrow root, &c. mixed with wine.

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#### *Inflammatory Sore Throat, or Quinsey.*

This disease principally attacks the youthful, and those of a full and plethoric habit, and is chiefly confined to cold climates, occurring usually in the Spring and Autumn; whereas the putrid sore throat chiefly attacks those of a weak irritable habit, and is most prevalent in warm climates.

It is distinguished by a sense of heat, pain and tightness in the fauces and throat, accompanied by a difficulty of swallowing, particularly fluids. In general, the inflammation begins in one tonsil, then spreads across the palate and seizes the other tonsil. When the inflammation possesses both sides, the pain becomes very severe, and swallowing is performed with extreme difficulty; but if it attack the upper part of the windpipe, it creates great

danger of suffocation. The causes which usually give rise to it are, exposure to cold—wet feet—throwing off the neck-cloth—or drinking cold water when overheated. It may also be occasioned by violent exertions of the voice, blowing wind instruments, acrid substances irritating the fauces, and by the suppression of customary evacuations.

In the treatment of this disease, the first and chief endeavor should be to carry off the inflammation; for which reason an antiphlogistic plan must be pursued. Local applications have also their good effects, and in slight cases, are often sufficient to remove the inflammation. Receiving the steam of warm water, or vinegar and water through a funnel or spout of a tea-pot, will give great relief. Much benefit may be derived from the use of gargles. After the inflammation is abated, gargles of port wine, or brandy and water, answer every purpose, to restore the tone of the fibres, relaxed from over distention. External applications are, likewise, of great use, as the volatile or camphorated liniment.\* If it *will* go on to suppuration it should be poulticed with hops and flax-seed. If there is danger of suffocation, the swelling may be opened at any stage, with safety, by a surgeon.

The patient's diet should be of a cooling nature, such as barley or rice-water, flax-seed tea, and such like, rendered agreeable to the palate by the addition of jelly or honey, and should be taken frequently, although difficult to swallow: for the pain consequent on swallowing, proceeds more from the action of the inflamed parts, by which deglutition is performed, than by the passage of the liquid which is swallowed.

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### *Mumps.*

THIS disease is manifestly contagious, affecting the muscles of the neck externally, chiefly affecting children, and is often epidemic.

\* See *Liniments*.

There is seldom much danger from this disease, as it is often so slight as to require very little more, than to keep the head and neck warm, with spare diet, a laxative state of the bowels, and avoid taking cold; but should the tumor of the neck suddenly disappear, and the febrile symptoms increase, so as to induce an apprehension that the brain will be affected, it will be advisable to promote and reproduce the swelling by warm fomentations and stimulating liniments.

There is a singular peculiarity now and then attending this complaint; for sometimes as the swelling of the neck subsides, the testicle of the male, and breast of the female, are affected with hard and painful tumors; and frequently when one or other of these tumors has suddenly been repressed, a delirium of the milder sort occurs. Every endeavor should be exerted to prevent those swellings from suppurating, by the application of cooling and discutient applications and a suspensory bag.

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### *Croup.*

THIS disease generally affects children, and is a species of asthma, with violent catarrhal symptoms; and creeps on imperceptibly, with a hoarse, dry cough, wheezing, rattling in the throat, &c.

There are two species of croup, the acute or inflammatory, and the chronical or lingering.

The exquisite degree of danger, which always accompanies this disease, and the rapidity with which its symptoms proceed, shews that immediate remedies are requisite to arrest its progress. Therefore, on its first appearance, blood letting, both general and topical should be employed, and repeated two or three times a day according to the violence of the symptoms and habit of the patient.

Inhaling the steams of hot vinegar and water, and embrocating the throat with the volatile liniment, have also their good effect. The decoction of seneca or rattlesnake-root, is a sovereign remedy



for this dreadful complaint. It should be given at first in such doses, as to excite vomiting, and afterwards in smaller doses, to keep up a nausea at the stomach and to produce perspiration. A decoction of the flowers of the plant known by the name of *hollyhoc*, has been used with wonderful success in this disease, and has, by some, been considered as a specific.

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*Measles.*

THIS disease attacks persons only once in life, and is the effect of a specific contagion. It comes on with alternate heats and chills, fever, cough, hoarseness, difficulty of breathing, sneezing, sense of weight in the head, nausea or vomiting, drowsiness, dulness of the eyes, running from the nose, &c. On the fourth day from the attack, eruptions like flea bites, arise on the face and body, and in about four days more, these eruptions disappear with the fever.

The consequences attendant on the measles are frequently more to be dreaded than the immediate disease; for although a person may get through it, and for a time appear to be recovered, still pulmonary consumption and hectic fever may afterwards arise and destroy him.

When the disease is very slight, little more is necessary, than to keep the patient's body open with some gentle cathartic. But should the febrile symptoms run high, with pleuritic symptoms, bleed, and inhale through the spout of a tea-pot the steam of hot water. If the spots suddenly disappear, immerse the body in warm water, or bathe the legs and feet, and give freely of warm wine-whey, until the eruptions return.

Hoarseness and cough, may be palliated by bran tea, flax-seed tea after the fever abates; these symptoms may also be relieved by oxymel of squills, and blood-root made into a tincture by shaving the root, filling a phial half, and adding spirit.

*Consumption.*

THIS disease usually commences with a slight fever increased by the least exercise, a short dry cough, so slight as to become habitual before it excites the attention of the patient, a burning and dryness in the palms of the hands, more especially towards evening; the breathing more easily hurried by bodily motion; rheumy eyes upon waking from sleep, increase of urine, dryness of the skin, as also of the feet in the morning; occasional flushing of one, and sometimes both cheeks; hoarseness, slight or acute pain in the breast, fixed pain in one side, or shooting pains in both; headach, occasional sick and fainty fits, appetite varying, and a general indisposition to exercise, or motion of every kind.

The first appearance of this disease will vary in different cases; but the most constant symptoms which characterize it, are a cough and spitting of phlegm resembling matter, of which at length it becomes entirely composed

The causes of this disease are very numerous; the following are, however, the most general: Obstructions of the lungs, depending most frequently on the existence of small tubercles in their substance which coming to suppuration, burst and discharge a purulent matter. It is sometimes owing to a hereditary disposition, marked by long neck, prominent shoulders, narrow chest, slender fingers, scrophulous constitution, known by a fine clear skin, fair hair, delicate rosy complexion, large veins, thick upper lip, weak voice, and great sensibility.

It is also caused by other diseases, as cold, measles, small pox, bleeding at the lungs, pleurisy, asthma, venereal disease, the dust of certain trades, as of stone cutters, millers, &c. fumes of burning poisonous metals; intemperance, profuse evacuations, natural or artificial, depressing passions, damps, &c.

The treatment of this disease must be varied and adapted to each stage and case of the disease. In the first or inflammatory stage, moderate bleedings

two or three times a week, according to the force of the pulse, are essential, unless the patient be of a scrofulous habit. We have the authorities of some of the most respectable physicians, of the efficacy of foxglove in this disease, but like all powerful medicines it should be used with caution. The most eligible method of using the foxglove is in tincture, beginning with a dose of about twenty drops, and gradually increasing it to forty, fifty or sixty, to an adult, morning, noon, and night. In giving this medicine, it should be so managed as not to produce vomiting or violent sickness. But if either happen, the patient must for a day or two omit the medicine, and afterwards resume the use of it in smaller doses.

Iceland moss or liverwort, has been highly extolled of late in this complaint as a remedy, that readily allays cough, facilitates expectoration, abates hectic fever, and quiets the system without constipating the bowels. It is likewise said to strengthen the organs of digestion, without increasing the action of the heart and arteries. Indeed the physicians of both Europe and America have spoken so loudly in its praise, that every patient ought certainly to give it a trial. The most approved method of using it, is in the form of decoction; one ounce of the herb to a quart of water, boiled for fifteen minutes over a slow fire, to which two drachms of sliced liquorice root may be added, about five minutes before it is taken off. A tea-cup full of this decoction should be taken four times a day. Another form is by boiling two drachms of the herb in a pint of milk for ten minutes, and taking it for breakfast and supper. If chocolate be preferred, it may be blended with it, by making the chocolate with a decoction of the moss, (without the liquorice) as above directed.

Exercise, when not carried to fatigue, in a dry country air, often does more good than medicine, and consequently should be taken freely. Long

journies on horseback, are the most effectual modes of exercise, carefully avoiding night air, and the extreme heat of the day in Summer. That exercise be not fatiguing, patients should only travel a few miles in a day at first, and gradually increase the distance as they increase in strength. When exercise on horseback cannot be supported, sailing and swinging should be substituted; and no effort to cheer the spirits, or innocently amuse the mind, should be neglected.

In order to guard against cold, the patient should wear a flannel waistcoat next the skin, together with sliders of the same, and stockings of cotton or worsted. Such a dress may be found a little irksome at first; but time soon reconciles it, and in the end renders it truly desirable and comfortable.

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#### *Hypochondriac Disease.*

THIS disease is likewise known by the name of *low spirits* or *vapors*; and is distinguished by listlessness, languor, a disposition to seriousness, sadness, and timidity as to future events; an apprehension of the worst or most unhappy state of them, and therefore often, on slight ground, a dread of great evil. Such persons are particularly attentive to the state of their own health, and to the smallest change of feeling in their bodies; from any unusual sensation, perhaps of the slightest kind, they apprehend great danger, and even death itself; and, in respect to all their feelings and apprehensions, there is, for the most part, unfortunately, the most obstinate belief and persuasion.

This diseased state of the mind is sometimes attended with symptoms of indigestion, hysterical affections, and sometimes with melancholy; but these are merely effects.

The exciting causes are generally, indolence, violent passions of the mind, the suppression of customary evacuations, obstructions of some of the viscera, &c. But its immediate cause appears to be

loss of energy in the brain, or torpid state of the nervous system.

To obtain a cure of this disease, we must endeavor to change every habit of the patient's life, and every train of thought in his mind. Abandon the use of opium, and the immoderate use of ardent spirits, and tobacco; give up tea, coffee, and chocolate; get up, and go to bed early; use moderate exercise in the open air, and engage in new and interesting pursuits. Company which engages attention, and is at the same time of a cheerful kind, will always be found of great service. The occasional reading of entertaining books, or playing at any game, in which some skill is required, and where the stake is not an object of much anxiety, if not too long protracted, will further assist in diverting the mind from itself.

A proper diet constitutes an essential part in the treatment of this malady. In general, light animal food is what alone agrees with such patients; for there are few, if any vegetables, which do not prove flatulent in their bowels. Acids are particularly injurious. All malt liquors, except porter, are apt to excite too high a fermentation in the stomach; and wines are for the most part liable to the same objection. If an exception can be made in favor of any, it is good old Madeira, if it can be obtained, which not only promotes digestion, and invigorates the concoctive powers, but acts, immediately, as a generous and wholesome cordial. The use of spirituous liquors is not to be recommended as a habitual resource, though they may be taken occasionally, in a moderate quantity, diluted with water. Tea and coffee, though hurtful to people of bad digestion, are often useful, however, to the hypochondriac. Moderate exercise we have already observed, is indispensable in the cure of this disease; and it cannot be taken any way with so much advantage, as in long journeys when convenient, accompanied with such circumstances, as may convert them into an agreeable amusement.



*Tetany, or Locked-jaw.*

THIS disease sometimes arises without any previous injury, more especially in warm climates, and near the sea. Robust, vigorous, middle-aged men, are more liable than others. In the majority of cases, lock-jaw comes in consequence of stabs and punctures in tendinous parts, and about the fingers and toes, and this frequently when the wound heals kindly. It proceeds also from cold or moisture, or sleeping on the damp ground. Its first symptoms are a stiffness of the neck, increasing to pain, extending next to the root of the tongue, then shoots into the breast, and lastly seizes the back. The symptoms are sometimes rapid, at others slow in their progress. If the patient survives the fourth day, there is a chance of his recovery. The symptoms never recede but by slow degrees.

Upon the first appearance of the disease two or three tea-spoonfuls of laudanum, or three or four grains of opium, may be given, and repeated every two hours or oftner, with a half pint or more of wine or strong spirits and water, between the doses. A tincture made by infusing a quantity of the seeds of the lobelia inflata, in spirits, is an infallible remedy for this disease. About a tea-spoonful should be given at a time.

In every stage of this disease, it is of importance to keep the bowels open, by some stimulating purgative or glyster.

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*To recover persons apparently killed by Lightning or Noxious Vapors.*

INSTANTLY throw cold water with some force in large quantities on the face and head, which should be often repeated for some time; and if convenient, the whole body may be plunged into cold water, and afterwards wiped dry, and warmth gradually applied. If the body and extremities feel cold, instead of the application of cold water, the warm bath about the temperature of the blood, should

be prepared as soon as possible, and the patient immersed in it for twenty or thirty minutes, using frictions at the same time with the hand. As soon as the patient is taken out of the bath, his skin must be wiped dry and wrapped up in warm flannel, and gentle stimulants employed to produce a reaction.

When by these means, the circulation of the blood is increased, and the extremities become warm, bleeding will be proper, and must be often repeated, if the patient have fever, or complain of pain. Besides which, evacuations must be procured by purgative medicines and glysters, and the antiphlogistic plan in every respect strictly pursued until the febrile symptoms abate. After which, tonic medicines with wine, in cases of debility, are of infinite service.

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### *Herniæ, or Ruptures.*

SOME suppose that this disease is always the consequence of a rupture of some of the parts which form the cavity of the abdomen or belly. But anatomical examination has shewn, that this disease, as it most commonly appears, takes place in consequence of the protrusion of some of the contents of the abdomen, through openings, which are natural to the human body; and without any violent separation of the parts. Ruptures generally appear in the groin, in the upper and fore part of the thigh, and at the navel. Those which appear, at first, just above the groin, will, in general, if neglected, soon descend into the *scrotum* of men, and into the *labia pudendi* of women.

In those ruptures which are of easy reduction, as soon as a pressure is properly made, the protruded intestine generally slips up, all at once, with a kind of guggling noise, and the tumor immediately subsides; where the tumor has chiefly been formed by *omentum*, that passes up more slowly, and without that particular noise which accompanies the return of the intestine.

In those cases of rupture, where stricture has taken place on the protruded parts, and the reduction is thereby rendered difficult, the belly becomes tense and painful, the pain of the belly, as well as the tumor itself, being much increased on the least exertion; a total stoppage of discharge by stool takes place, and the patient is distressed by a sickness at the stomach, which increases, until there is almost constant retching and vomiting.

To prevent those evils, it is only necessary, that such a pressure be kept on the opening, through which the part protruded, as may prevent its again falling out. The pressure of the fingers shows how effectually this may be done, and if, at the time this pressure is made, the patient but gently coughs, he will discover how forcibly the protruded parts are driven outwards, and how necessary it is to guard against their future propulsion. A mode has been devised, by spring-trusses, of applying a constant and properly adapted pressure, requiring little or no exertion, or even attention of the patient himself. No person, therefore, in the situation just described, should suffer a day, more than is absolutely unavoidable to pass, without obtaining the comfort and security which will follow the application of a truss; since, if it be adopted at the first appearance of the disease, not only will the malady be stopped in its progress, but if employed with constancy and steadiness, a radical cure may be obtained.

The *umbilical hernia*, or rupture of the navel, is most common to childhood, and is easily cured if early attended to.

The means to be adopted, are simply these: The protruded parts are to be returned, which may be easily done by slight pressure of the finger, and retained in their proper situation by a conical piece of very soft sponge, thoroughly cleared by rubbing between the thumb and fingers, of sand and minute shells, which may be lodged in its cavities. This

being kept to the part, by the point of one finger, is to be secured by several strips of adhesive plaster, three inches in length, crossing each other in a stellated form.

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*White Swelling.*

THIS disease is generally of a scrofulous nature, but sometimes produced by rheumatic affections, and sometimes follow strains that have been neglected, or badly treated. It is distinguished by an acute pain, without any external inflammation, of a joint, attended with a gradual increase of its size. Though all the joints are occasionally subject to it, yet, its most usual seat is in the knee.

The following recipe if applied and persevered in, is an infallible cure for this disease.

Take sweet oil and flax-seed oil of each one ounce, put them into a tin cup, set it on the coals and boil it until it will scorch a feather, then add half an ounce of camphor, and one ounce of red lead, stirring it well with a stick. After it has simmered a little pour it into a basin of water, and work it like wax, when it will be fit for use. Where the swelling is broke, or has been of long standing, it will be best to make a lye poultice, thickened with rye meal, and apply it twice in twenty-four hours, until it begins to feel sore; then get a handful of the bark of the root of rosenoble, by some called carpenter's square, pound it fine, boil it soft, and make a poultice by thickening with rye flour, and apply it twice in twenty-four hours for four or five days, then spread some of the plaster quite thin on a piece of soft leather, such as buck or sheep-skin; apply it to the running part and let it remain for five days; but recollect to raise the lower edge of the plaster every day, or oftener, so as to allow the matter to escape. At the expiration of this time, take off the plaster, and wash the sore with the suds of castile soap, then apply a fresh plaster as above, and so continue on until cured.

The patient should observe a spare diet, and occasionally, if necessary, take a little physic, so as to keep the bowels gently open.

*Note.* The above recipe is also an excellent application for old running sores, &c.

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### *Scrofula, or King's Evil.*

THIS disease is most frequent among the children of the poor, and negroes, who are ill fed, ill lodged and ill clothed; it is also hereditary, but never contagious. It most commonly occurs in children from the third, to the seventh year; frequently, however, it discovers itself at a later period in habits peculiarly disposed to it.

It is known by indolent hard tumors of the lymphatic glands, particularly those of the neck, behind the ears, or under the chin. The upper lip, and division of the nostrils are swelled with a smooth skin, and hard belly. In the progress of the disease, these tumors degenerate into ulcers of bad digestion; the discharge of which consists of a white cruddled matter resembling somewhat the coagulum of milk, and previous to their breaking, they acquire a sort of purple redness and a softness to the touch.

As soon as those tumors are first discovered, endeavor to disperse them by sea bathing, or bathing in salt and water, one pound to three gallons of water, or cold water alone, or by the frequent application of lead water. Warm fomentations do harm, as they seem only to hurry on a suppuration, which if possible should be prevented. A large draught of sea water every morning will be found a useful drink. Peruvian bark and steel used alternately every two weeks, will be of infinite service, by giving tone to the system. The remedy however, most to be depended upon in this disease, is muriate of lime, given in doses of from ten to eighty drops, gradually increased, three or four times a day, diluted with water or tea. A powder composed of one



pound finely powdered bark, and one ounce of white lead in fine powder, mixed well together, or a fine powder of calamine stone alone, and the ulcers covered with it daily, keeping it on by brown paper and a bandage. Where these are not to be obtained, the constant application of linnen rags moistened with a solution of one ounce of sugar of lead in a pint of water, may answer every purpose.

The king's evil root, [*See Herbs*] a plant common to our country, bruised and made into a salve, and applied cold, together with a tea made of the pipsisewa plant, and drank freely, will effectually cure this disease.

The diet should be nourishing and easily digestible, avoiding all viscid food. Moderate exercise in a dry warm air is exceedingly beneficial.

Bathing in salt-water has likewise a very good effect, especially in the warm season. A course of bathing in salt-water and drinking it in such quantities as to keep the body gently open, has cured persons affected with this disease, after many other medicines had been tried in vain. When salt-water cannot be obtained, the patient may be bathed in fresh water, and his body kept open by small quantities of salt and water, or some other mild purgative.

Next to cold bathing and drinking the salt-water the Peruvian bark should be preferred. The cold bath may be used in Summer and the bark in Winter. To an adult half a drachm of the bark in powder may be given in a glass of red wine, four or five times a day. Children, and such as cannot take it in substance, may use the decoction made in the following manner:

Boil an ounce of Peruvian bark and a drachm of Wintir's bark, both grossly powdered, in a quart of water to a pint: towards the end half an ounce of sliced liquorice-root, and a handful of raisins may be added, which will both render the decoction less disagreeable, and make it take up more of the bark.

The liquor must be strained, and two, three, or four table-spoonfuls, according to the age of the patient, given three times a day.

Medicines which mitigate this disease, though they do not cure it, are not to be despised. If the patient can be kept alive by any means till he arrives at the age of puberty, he has a chance to get well; but if he does not recover at this time, in all probability he never will.

There is no malady which parents are so apt to communicate to their offspring as the scrofula; for which reason people ought to beware of marrying into families affected with this disease.

### The Pleurisy.

THE *true* pleurisy is an inflammation of that membrane called the *pleura*, which lines the inside of the breast. It is distinguished into the *moist* and *dry*. In the former, the patient spits freely; in the latter, little, or none at all. There is likewise a species of this disease, which is called the *spurious* or *bastard* pleurisy, in which the pain is more external, and chiefly affects the muscles between the ribs. The pleurisy prevails among laboring people, especially such as work without doors, and are of a sanguine constitution. It is most frequent in the spring season.

*Causes.*—The pleurisy, like other inflammatory diseases, proceeds from whatever obstructs the perspiration; as exposing the body to the cold air when over heated. It may likewise be occasioned by whatever increases the circulation of the blood, as violent exercise, or an imprudent use of ardent spirits.

*Regimen.*—The diet ought to be cool, slender and diluting. The patient must avoid all food that is viscid, hard of digestion, or that affords much nourishment; as flesh, butter, cheese, eggs, milk, and also every thing that is of a heating nature. His drink may be whey, or an infusion of pectoral and balsamic vegetables.

The patient should be kept quiet, cool, and every way easy. His feet and hands ought daily to be bathed in lukewarm water; and he may sometimes set up in bed for a short space, in order to relieve his head. When a fever is attended with a violent pain in the side, and a quick hard pulse, bleeding is of the greatest importance. When these symptoms come on, the sooner this operation is performed the better; and the quantity at first must be pretty large, provided the patient is able to bear it. A large quantity of blood let at once, in the beginning of a pleurisy, has a much better effect than repeated small bleedings. A man may loose twelve or fourteen ounces as soon as it is certainly known that he is seized with a pleurisy. For a younger person, or one of a delicate constitution, the quantity must be less.

If, after the first bleeding, the stitch, with the other violent symptoms, should still continue, it will be necessary, at the distance of twelve or eighteen hours, to let eight or nine ounces more. If the symptoms do not then abate, and the blood shows a strong buffy coat, a third or even a fourth bleeding may be requisite. If the pain of the side abates, the pulse becomes softer, or the patient begins to spit freely, bleeding ought not to be repeated. This operation is seldom necessary after the third or fourth day of the fever, and ought not then to be performed, unless in the most urgent circumstances.

If the patient does not perspire, but has a burning heat upon his skin, and passes very little water, some small doses of purified nitre and camphor will be of use. Two drachms of the former may be rubbed with five or six grains of the latter in a mortar, and the whole divided into six doses, one of which may be taken every five or six hours, in a little of the patient's ordinary drink.

A decoction of the Seneca rattlesnake-root is considered by some almost a specific in the pleurisy,

used in the following manner. After bleeding and other evacuations have been premised, the patient may take two, three, or four table-spoonfuls of this decoction, according as his stomach will bear it, three or four times a-day. If it should occasion vomiting, two or three ounces of simple cinnamon-water may be mixed with the quantity of decoction here directed, or it may be taken in smaller doses. As this medicine promotes perspiration and urine, and likewise keeps the body easy, it may be of material service in a pleurisy, or any other inflammation of the breast.

What is called the crisis, or height of the fever, is sometimes attended with very alarming symptoms, as difficulty of breathing, an irregular pulse, convulsive motions, &c. These are apt to frighten the attendants, and induce them to do improper things, as bleeding the patient, giving him strong stimulating medicines, or the like. But they are only the struggles of nature to overcome the disease, in which she ought to be assisted by plenty of diluting drinks, which is then peculiarly necessary. If the patient's strength however, be much exhausted by the disease, it will be necessary at this time to support him with frequent small draughts of wine-whey, negus, or the like.

When the pain and fever are gone, it will be proper, after the patient has recovered sufficient strength, to give him some gentle *purges*. He ought likewise to use a light diet, of easy digestion, and his drink should be butter-milk, whey, and other things of a cleansing nature.

#### *The Bastard Pleurisy.*

THAT species of pleurisy which is called the *bastard* or *spurious*, generally goes off by keeping warm for a few days, drinking plenty of diluting liquors, and observing a cooling regimen.

It is known by a dry cough, quick pulse, and a difficulty of lying on the affected side, which last

does not always happen in the true pleurisy. Sometimes indeed this disease proves obstinate, and requires bleeding, with cupping, and scarifications of the part affected. These, together with the use of nitrous and other cooling medicines, seldom fail to effect a cure.

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### *Palsy,*

Is a disease consisting in a loss of the power of voluntary motion, but affecting certain parts of the body only, and by this it is distinguished from apoplexy. In the most violent degrees of palsy, the patient loses both the power of motion, and sense of feeling, either of one side, or the lower half of the body. The first is termed *hemiplegia*, the latter *paraplegia*. When it affects any particular parts only, as the tongue, the lip, eyelid, &c. it is termed a *local palsy*. It is more or less dangerous, according to the importance of the part affected. A palsy of the heart, lungs, or any part necessary to life, is mortal. When it affects the stomach, the intestines, or the bladder, it is highly dangerous. If the face be affected, the case is bad, as it shows that the disease proceeds from the brain. When the part affected feels cold, is insensible, or wastes away, or when the judgement and memory begin to fail, there is small hope of a cure.

*Symptoms.*—If this disease be not the effect of apoplexy, it is often preceded by universal torpor, giddiness, a sense of weight or uneasiness in the head, dulness of comprehension, loss of memory, and a sense of coldness in the part about to be affected; there is also, sometimes tremor, creeping, and pain in the part.

*Causes.*—The immediate cause of palsy is any thing that prevents the regular exertion of the nervous power upon any particular muscle or part of the body. The occasional and predisposing causes are various, as drunkenness, wounds of the brain, or spinal marrow; pressure upon the brain or nerves;



very cold or damp air; the suppression of customary evacuations; sudden fear; want of exercise; or whatever greatly relaxes the system, as drinking much tea, or coffee, &c. The palsy may likewise proceed from wounds of the nerves themselves, and from the poisonous fumes of metals or minerals, as mercury, lead, arsenic, &c. It is also produced, in consequence of extreme debility, and old age.

*Treatment.*—In young persons of a full habit, the palsy must be treated in the same manner as the sanguine apoplexy. The patient must be bled, and have his body opened by sharp glysters or purgative medicines. But, in old age, or when the disease proceeds from relaxation or debility, which is generally the case, a quite contrary course must be pursued. The diet must be warm and invigorating, seasoned with spices and aromatic vegetables, as mustard, horse-radish, &c. The drink may be generous wine, mustard-whey, or brandy and water. Friction with the flesh-brush, or a warm hand, is extremely proper, especially on the parts affected. One of the best external applications is electricity. The shocks, or rather vibrations, should be received on the part affected; and they ought daily to be repeated for several weeks.

The wild valerian root is a very proper medicine in this case. It may either be taken in an infusion of sage-leaves, or half a drachm of it in powder may be given in a glass of wine three times a day. A table spoonful of mustard-seed taken frequently is a very good medicine. The patient ought likewise to chew cinnamon bark, ginger, or other warm spices.

Exercise is of the utmost importance in the palsy; but the patient must beware of cold, damp, and moist air. He ought to wear flannel next his skin; and, if possible, should remove into a warmer climate.

*Night Mare.*

*Symptoms.*—An alarming oppression or weight about the breast or stomach, with dread of suffocation, which the patient can by no means shake off. He groans, and sometimes cries out, though oftener he attempts to speak in vain. Sometimes he fancies himself in a house that is on fire, or that he is in danger of being drowned in a river. Sometimes he imagines himself engaged with an enemy, and in danger of being killed, attempts to run away, but finds he cannot. He often thinks he is falling over a precipice, and the dread of being dashed to pieces suddenly awakes him.

This disorder has been supposed to proceed from too much blood; from a stagnation of blood in the brain, lungs, &c. But it is rather a nervous affection, and arises chiefly from indigestion. Nothing tends more to produce it than late and excessive suppers—great fatigue—drunkenness, or sleeping on the back. Flatulent food, deep thought, anxiety, or any thing that oppresses the mind, ought carefully to be avoided by those who are afflicted with this disease.

If the patient be of a plethoric habit, bleed, purge, and use a spare diet. And when the disease is the consequence of debility and weak nerves, the tonic medicines, as steel, bark, or columbo, in their usual doses, are proper. A dram of brandy taken at bed time is said to prevent this disease. This however is a bad custom, and in time loses its effect. We would rather have the patient depend upon the use of food of easy digestion, cheerfulness, exercise through the day, and a light supper taken early, than to accustom himself to drams. After a person of weak digestion, however, has eaten flatulent food, a dram may be necessary; in this case we would recommend it as the most proper medicine.

*Chicken, or Swine Pox.*

IN this disease an eruption which much resembles that of a very favorable small pox, appears after a very slight fever. This eruption soon proceeds to suppuration, in which state it remains but a little time, before the disease terminates by the drying up of the pustules, which seldom leave scars behind. As to the treatment, medicine is very seldom necessary, it being generally sufficient that the patient be kept moderately cool, and supplied with diluent drinks and light food.

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*Sea Sickness.*

*Symptoms.*—A most unpleasant giddiness, with great nausea and vomiting, occasioned by the motion of the vessel. The duration of this complaint is very uncertain. Generally, it lasts but a day or two, but in some cases it will continue the whole voyage.

Though time, perhaps, is the only cure, yet it will be greatly alleviated by keeping the bowels open. A tea-spoonful of æther in a glass of water, relieves the convulsive affection of the stomach. High seasoned food and acidulated drinks are peculiarly proper. But nothing will be found more serviceable than exercise, cheerfulness, and fresh air. Persons should therefore, never go below; but romp on the decks, cut capers in the shrouds, and divert their minds, and move their bodies, as much as possible.

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*Hydrophobia, or the Bite of a Mad Dog.*

THIS disease is so dreadfully alarming at all times, that we ought, as the best means of security, endeavor to prevent it.

The poison of a rabid animal is generally communicated by a wound, which however heals as soon as a common wound: but afterwards begins to feel painful, and shooting pains are felt proceeding from the bitten part towards the heart. The pa-

tient becomes heavy and listless, his sleep is unquiet with frightful dreams; he sighs, looks dull, and loves solitude. These are the forerunners, or rather the first symptoms of that dreadful disease occasioned by the bite of a mad dog.

The medicines recommended for preventing the effects of the bite of a mad dog, are chiefly such as promote the different secretions, and antispasmodics. A celebrated doctor recommends the following as a preventative, and one which he never knew to fail, having used it in a great many cases:

“Take ash-coloured ground liver-wort, cleaned, dried, and powdered, half an ounce; of black pepper powdered, one fourth of an ounce. Mix these well together, and divide the powder into four doses; one of which must be taken every morning fasting, for four mornings successively, in half a pint of cow’s milk warm.

“After these four doses have been taken, the patient must go into the cold bath, or a cold spring or river, every morning fasting, for a month; he must be dipped all over, but not stay in (with his head above water) longer than half a minute, if the water be very cold. After this he must go in three times a week for a fortnight longer.

“The person must be bled before he begins to use the medicine.”

The following is the famous East India specific. It is esteemed a great antispasmodic; and, by many, extolled as an infallible remedy for preventing the effects of the bite of a mad dog:

“Take native and factitious cinnabar of each 24 grains, musk 16 grains. Let these be made into a fine powder, and taken in a glass of brandy or arrack.”

This dose is said to secure the patient for thirty days, at the end of which it must be repeated; but if he has any symptoms of the disease, it must be repeated in three hours.

Camphor may also be given in the following manner:

"Take purified nitre half an ounce, Virginia snakeroot in powder, two drachms, camphor one drachm; rub them together in a mortar, and divide the whole into ten doses. Vinegar is likewise of considerable service, and should be taken freely, either in the patient's food or drink."

A proper regimen must be observed throughout the whole course. The patient should abstain from flesh, and all salted and high seasoned provisions. He must avoid strong liquors, and live mostly upon a light and rather spare diet. His mind should be kept as easy and cheerful as possible, and all excessive heat and violent passions avoided with the utmost care.

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#### *Venereal Disease.*

THIS disease is of two species: the one a local affection of the genital organs, termed *gonorrhœa* or *clap*; and the other a general or constitutional complaint, termed *syphilis*, or *pox*.

##### *The Gonorrhœa,*

Of which we shall first treat, is a secretion and discharge of matter from the mucous membrane lining the urethra in men, and the vagina in women, in consequence of an application of syphilitic matter to them. In its progress it communicates to all the surrounding parts, and produces a variety of painful sensations.

With some persons the disease will show itself in three or four days; while with others there will not be the least appearance of it before the expiration of some weeks. It is most usually perceptible, however, in the space of from six to fourteen days. It begins with an uneasiness and itching about the parts; soon after which appears a discharge of mucous, at first white, but soon turning to a yellow or greenish color, an acute or scalding pain in making water, with most indecent erections of the penis, termed *chordee*, very painful, and sometimes followed by a discharge of blood. At times the inflam-



mation extends to the contiguous parts, occasioning strangury, swelled testicle, swelling in the groins similar to buboes, or a contraction and thickening of the foreskin, which, when drawn over the head of the yard, is termed *phymosis*, and *paraphymosis* when retracted behind it.

When these symptoms *dance* their attendance to the catastrophe, the clap may be said to *flourish* in its full bloom, and the patient finds himself fairly seated on the stool of repentance.

In the general treatment of gonorrhœa, rest, together with abstinence from strong food, and every thing of a heating nature, is of the greatest consequence; and this alone with little assistance from medicine, will complete the cure in a short period.

As the disease is local, topical applications in the form of injections become necessary. The patient should, therefore, without delay, employ one of the injections, [See *Recipes*] which in irritable habits must be a little weakened, and the strength gradually increased as the inflammation abates. Frequent bathing the part, and the greatest cleanliness, are too important to be neglected; particularly washing under the glands to prevent the accumulation of the fluids from the odoriferous glands, which produces irritation, inflammation, and often ulcers.

For the *chordee* which is more severe during the continuance of inflammation, and occurs mostly in the night, while the patient is warm in bed, take, on going to rest, a dose of laudanum, or souse the *guilty* member frequently in a vessel of cold water. Should a hemorrhage supervene, it may be removed by rest, and immersing the part often in cold vinegar and water, or lead water of the ordinary strength, of which the patient may throw a little up.

In cases of *phymosis*, cold applications to the penis, as lead water or cold vinegar and water, and topical bleeding, with leeches, constitute the proper remedies. Besides which, soap suds should be often injected with a syringe between the skin and

the gland, to prevent the stagnation of matter whose extreme acrimony might otherwise produce a mortification of the parts. When these means, assisted by opiates, fail, an operation becomes necessary; it is simple, and by no means dangerous. A sharp pointed knife, concealed and defended by a grooved directory, which must be previously introduced between the prepuce and glands, are the only instruments required. The point of the knife should pass through the prepuce at the bottom, and the section be made by drawing it towards the operator. Common dressings are sufficient; but linen or lint should be interposed between the glands and the prepuce to prevent adhesion.

*Paraphymosis* is the opposite disease, where the prepuce cannot be drawn over the head of the penis; and in this case bathing the parts frequently in milk and water or soap suds, and taking some cooling laxative medicine, will generally effect a cure.

Such are the principle symptoms which attend the Clap. Its consequences, which induce a new state of disease after the original affection is removed, are no less important.

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*Gleet.*

In consequence of repeated attacks of gonorrhœa and the debility of the parts occasioned thereby, it not unfrequently happens, that a gleet or small discharge of mucus matter remains behind, after all danger of infection has ceased. A discharge of this kind may also be occasioned by hard drinking, violent exercise or straining. A discharge of mucus, if not connected with a venereal taint, even when accompanied with inflammation, which have been excited by high living or violent exercise, is not infectious.

In recent cases, the disease may, in general, easily be removed; but in those of long standing, where the mucus glands have suffered much re-

laxation, or where there is either a stricture or callosity, it may continue for life, in spite of our best endeavors to cure it, having, however, certain intervals.

This is, nevertheless, to be attempted by a frequent use of astringent injections, and even by those of a stimulant nature, as solutions of muriate of ammonia, balsam copaiva, &c. Tonics of every kind, particularly cold bathing, both local and general, should be used. In obstinate cases, the barberry, [*See Herbs*] as well as the tincture of Spanish flies, have often succeeded. None of the remedies should be continued longer than eight or ten days, if they produce no salutary effects. They often in this time remove the complaint which recurs on their being discontinued, so that they should be employed long after the discharge has ceased. The tincture of flies may be given conjointly with balsam copaiva, or alone in common drink. This remedy must be cautiously employed, beginning with very small doses, about fifteen drops of the tincture, which may be gradually increased daily, as in the irritable state of those organs even a common dose may excite dangerous inflammation.

When an ulcer in the urethra is the cause, an injection composed of one or two grains of corrosive sublimate in half a pint of water, or made of sufficient strength to excite some degree of inflammation in the part affected, may be used.

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#### *Seminal Weakness.*

THIS disease is often difficult to remove, and in many cases proves incurable.

At the beginning of the disease there is a great inclination to erections, and the emission of the semen is attended with pleasure; but gradually the penis becomes lame, the testicles hang lower than usual, and unless they are otherwise supported, become almost a burden to the possessor.

Although *veterans* in the wars of Venus, are most

liable to be complimented with this kind of gleet, yet it may originate from other causes, as Onanism, a sudden lift or strain, hot clysters, straining to stool, or the imprudent use of strong diuretics.

If the emission takes place on the slightest irritation, as heat, wine, &c. and is attended with some degree of spasm, it is a sign the patient is in a very *rampant* state, and can hardly get him a wife too soon. But if it oozes away insensibly, cold bathing, and tonic medicines, as bark, steel, or balsam copai-va, in the usual doses, with a generous diet, are the best remedies. Costiveness should be carefully avoided.

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### *Pox.*

THIS is the venereal disease in its confirmed state, manifested by chancres, buboes, or warts about the genitals. To these succeed ulcers in the throat, nose, and tongue, blotches on various parts of the body, with nocturnal pains, especially in the skin, bones, and shoulders.

When the disease is suffered to proceed, and is not counteracted by proper remedies, the patient will, in the course of time, be afflicted with severe pains, but more particularly in the night-time; his countenance will become sallow; his hair will fall off; he will lose his appetite, strength, and flesh; his rest will be much disturbed by night, and a small fever of the hectic kind will arise. The ulcers in the mouth and throat being likewise suffered to spread, and to occasion a caries of the bones of the palate, an opening will be made from the mouth to the nose; and the cartilages and bones of the nose being at length corroded away, this will sink and level with the face.

Mercury is considered the best antidote with which we are acquainted, to the syphilitic poison: from which it is evident that recourse should be had to it, in all cases where the system becomes tainted. This medicine requires only to be so managed as to

obtain full possession of the system; not exceeding it by salivation, nor falling short of it by untimely purging. To hit this desirable point, let one of the mercurial pills [*See Recipes*] be given night and morning, until the system is fully charged with the medicine, which may be known by a slight soreness of the mouth and gums, and fœtid breath. This fortunate state of things carefully supported for a few weeks, will remove the disease.

If the mercury affects the bowels, lessen the dose, or give it at longer intervals, or use the mercurial ointment; and if there is an increased secretion of the salivary glands, we should omit the mercury for a few days, and take a tea-spoonful of flour of sulphur, in a glass of milk or flax-seed tea, night and morning.

In this way the disease may generally be cured in a short time. It will always be prudent to continue the mercury in small doses for ten or twelve days after the total disappearance of all the symptoms.

There are cases, however, where mercury will not answer, as in scrofulous habits, and when the blood is vitiated. In these, the nitric acid should be preferred, and from one to two drachms of it, diluted, may be taken in the day. This medicine seems especially adapted to cases where the habit of body is much debilitated, from the long continuance of the disease, or where it has acquired great irritability from an incautious use of mercury. It is also a sovereign cure of spongy gums, eruptions, ulcers, nocturnal pains, and all the train of consequences, usually attendant on this disease, when of long standing and imperfectly cured.

In the treatment, therefore, of venereal patients, too much attention cannot be paid to mark the peculiarities of habit; and we should always remember, that, when unfavorable appearances supervene from the use of mercury, other medicines, as the nitric acid, or decoctions of mezereon, lobelia, sarsaparilla, sumach or poke bounce, [*See Herbs*] should be given.



In this disease, there are certain symptoms which require local treatment. Thus a chancre which is a small red pimple, terminating in ulcer, with hard edges, and generally situated on some part of the prepuce, or the foreskin of the penis, is best removed by the application of caustic; or, if recent, washing with spirits or brandy, and applying dry lint to the sore, with cleanliness, will generally prove sufficient.

When a bubo supervenes, which is known by pain and swelling in the groin, every attempt should be made to disperse it by rubbing in mercurial ointment on the inside of the thigh or calf of the leg, and the application of cloths, wrung out of lead water, or ice, if it can be procured, to the swelling, renewed as often as they become warm.

Besides which the patient should be kept still, the bowels open, and the pain alleviated by an opiate at bed time.

The person who is under a course of mercury, should abstain from all salted and high-seasoned meats, confining his diet to plain animal food that is light of digestion, to their broths, preparations of sago, barley, and rice custards, light puddings, milk, vegetables, ripe fruits, &c. He should avoid all spirituous liquors and acids; and if he drinks wine, the quantity ought to be very small, and always diluted with a proper proportion of water.

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### Asthma,

Is a spasmodic affection of the lungs, which comes on by paroxysms most generally at night, and is attended by a frequent, difficult, and short respiration, together with a wheezing noise, tightness across the chest, and a cough; all of which symptoms are much increased when the patient is in an horizontal posture. When it is attended with an expectoration of phlegm, it is termed *moist* or *humeral*; and when little or none, *dry* or *nervous* asthma.

Asthma having once taken place, its fits are apt

to return periodically, and more especially when excited by certain causes, such as by a sudden change from cold to warm weather, or from heavier to a lighter atmosphere; by severe exercise of any kind, which quickens the circulation of the blood; by an increased bulk of the stomach, either from too full a meal or from a collection of air in it; by exposures to cold, obstructing the perspiration, and thereby favoring an accumulation of blood in the lungs; by violent passions of the mind; by disagreeable odors, and by irritations of smoke, dust, and other subtile particles floating in the air.

A tincture of the lobelia inflata [*See Herbs*] taken in doses of a tea-spoonful several times a day, is an effectual remedy for this disease; so much so that it is considered a specific.

A light diet, easy, digestible and not flatulent, is always proper for asthmatic persons; and during the fit, cool drinks and fresh air are proper. It will always be found serviceable to wear a flannel shirt and to keep the feet warm.

During the absence of the paroxysm, tonic medicines and the cold bath, together with moderate exercise, will be most efficacious in obviating its recurrence.

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### *Dyspepsia, or Indigestion.*

DYSPEPSIA is a disease which is usually confined to persons between the age of 25 and 45 years. It is arranged by Dr. THOMAS in class 2 of nervous diseases, and order 2, defect of vital powers. The nervous system is no doubt affected in this disease, and there is also a defect of vital powers. The same effect takes place in cases of cholic, dysentery, diarrhoea, and many other bowel complaints; and a chronic weakness is frequently produced by all bowel complaints. It is a disease generally marked with a chronic weakness, and can therefore be called a chronic disease.

Irregularity, and a sedentary life, uneasiness of

mind, grief, intense study, indolence, drinking of spirituous liquors, excess in venery, too frequent use of hot strong tea, tobacco and opium, overloading the stomach with stimulating food, a frequent rejection of saliva, a deficiency in the secretion of bile, much exposure to moist and cold air, and a want of moderate exercise, give rise to the exciting or proximate cause of this disease.

The symptoms of this disease are numerous and tedious; such as, loss of appetite, heart-burn, flatulency, nausea and vomiting, gnawing in the stomach when it is empty, uneasiness, pain in the side and breast, chilliness, pale countenance, languor, lowness of spirits, palpitations, vertigo, disturbed sleep, &c. Habitual costiveness is always, more or less, attended with acid eructations from the stomach, which plainly and pointedly indicate an acid existing in the stomach and intestines, to be the true cause of the disease.

If success is to be obtained, in the method of cure, it greatly depends upon the patient's resolution and mode of living. Medicine can afford only a temporary relief, without a proper diet and disposition of time. To perform a perfect cure of dyspepsia, it would be necessary to adopt a complete change of living from that in which the disease originated, and by which it is kept up and continued. If the patient has been accustomed to a fashionable life, he must forsake the haunts and habits of dissipation, crowded rooms, where the air is rendered foul and unhealthy by the great number of persons inhaling it, shun alluring amusements, and gambling tables, luxurious living, indolence, intemperance, and late hours.

The predominant symptoms of this disease are, pain in the head, with sickness of the stomach, called sick head-ache. As the stomach is the seat of this disease, by means of its sympathetic connexion with the brain, (and also with every other part of the body) it causes head-ache. Acid eructations.

are also a prevailing symptom, which strongly mark the cause in the stomach, which has already debilitated its nervous functions, and rendered the digestion of the food difficult and inactive; and, consequently, costiveness is followed by a long train of other difficulties, as before mentioned.

The first step to be taken is to remove costiveness, which is done by some gentle cathartic; such as butternut pills, (or females may use the compound pills of assafoetida) which being accomplished, the acid existing in the stomach must then be neutralized, which is done by using alkalies; such as sub. carbonate of potass (or salt of worm wood) sub. carbonate of soda, sub. carbonate of magnesia, lime-water, &c. which must be continued for some length of time to keep the stomach entirely free from acid. After the first evacuation by cathartics, they may be joined or added to the alkalies, and given in small doses so as to obviate costiveness. During the operation of the cathartics, a gruel made of oat meal or corn meal, salted a little, may be taken. The meals should be very light, and of easy digestion. After the bowels are completely evacuated, the nausea removed, and the acid in the stomach corrected and destroyed, the chronic debility remains to be remedied, and strength to be restored, which is effected by a course of tonics.

The use of tonics must first be commenced in small doses, to be increased as the stomach will admit of. There are a variety of tonics which will prove serviceable in this disease. But as a vegetable tonic, I would recommend the use of the eupatorium perfoliatum of Linæus. It is a plant which has long been familiarly known by the names of thoroughwort, crosswort, thoroughstem, boneset, Indian sage, &c. &c. and it may be found in most of the marshy grounds in the United States. It is a plant which has long been used by the Indians, as an emetic, from which it received the name of vegetable antimony. It was used by them also to cure

fever and ague, and other diseases of debility, with much success.

I would advise the leaves in substance pulverized, or the tincture of the leaves and flowers in proof spirits, or alcohol, as the best tonic preparation to be used in cases of dyspepsia. The pulverized leaves may be used in cases of dyspepsia, in doses of from ten to twenty grains every four hours, and the tincture may be used by first taking one tea-spoonful, and then increasing the dose to two or three tea-spoonfuls every four hours, as the stomach will admit without creating nausea and vomiting.

I will here give a description of this valuable plant, so that it may be found by any person who will pay a proper attention to the following particulars, viz. The stalk is upright and hairy, and rises from two to four feet high, perforating the leaves at each joint, (from which it is sometimes called thorough stalk.) The leaves at each joint are horizontal, serrated and rough, from three to five inches long, and from one to two inches broad at their base, and gradually lessening to a very sharp point. They are of a dark green color, and are covered with short hairs. The flowers are white, appearing in July and August—formed at the termination of the branches, and produce seed in September. The proper time for gathering is when the plant is in full bloom, when it should be carefully dried without being exposed to rain or moisture. In this manner it may be preserved in its pure and native state for many years by putting it up in boxes, and pressed with a weight.

During the use of the tonic, the alkaline remedies should not be omitted or forgotten. They should be given through the whole course of the cure, not only at the commencement, for the purpose of neutralizing or destroying the acid then existing in the stomach and intestines, but also for the purpose of destroying this acid, as it may col-



lect during the course of the cure. Particular attention should be paid to this part of the treatment, as the effect of all other means depends upon the removal and prevention of the presence of that substance, which becomes the aggravating cause of the disease. It will also be necessary that the patient bear it in mind to prevent costiveness, which may be prevented by the use of one butternut pill, every other night, at bed time.

It must not be expected that indigestion, a disease, perhaps of some months or years standing, without any thing more than a little temporary relief, can be completely removed in a few days; and invalids must not become impatient, if, after a short trial of the remedies advised, a cure is not performed. If they will, with confidence, steadily and patiently persevere, and submit to a proper course, they may depend upon their hopes not being disappointed, in realizing perfect and substantial health. The desirable change which must take place, cannot be effected in a few days—it must be done slowly. The stomach resumes its former tone gradually only, and gradual must be the means applied to effect a cure. The length of time will vary in different persons, in proportion to the violence of the disease; and it will greatly depend upon the faithful attention with which the patient follows the particular advice given.

I shall now endeavor to point out the course of living which should be adopted, in the cure of this disease; and without a particular and rigid attention to the same, all medicines will prove but a temporary relief.

Some persons are fortunate enough to find out what course of living in life is most conducive to health and old age, and abide by it; but others, although they have sense enough to find out this method, have not sufficient reason and resolution to abide by it; and these are generally the subjects afflicted with the pangs and tortures of dyspepsia.—

To those who wish to recover from this disease, and are under the influence of medical aid for this purpose, the following mode of diet is offered.

Bread is a principal part of our daily food, and is an important article to effect or to prevent a cure of this complaint. It should be light, and made of flour not bolted; and never used while warm, or eaten before it is twelve hours old. If corn bread be used, it should be baked thin and crisp, and eaten cold. Hot corn bread is poison to a dyspeptic person, as is also hot bread or cakes of any kind. However palatable this substance is, it proves highly injurious to the stomach, and prevents its acquiring tone, more than almost any other article of our diet. During the years of youth, when the natural vigor of digestion is constantly receiving additions to its strength, hot provisions are used without much apparent inconvenience or injury to the stomach; but with the dyspeptic person, a cure cannot be obtained or expected, so long as he indulges himself in the use of this article of diet.

The article of bread, therefore, should be at least twelve hours old, and crackers, biscuit or boiled rice, may be substituted for a change in this part of the diet.

That kind of animal food which proves the easiest of digestion, and which perfectly agrees with the patient's stomach, must be chosen, and all the contrary wholly avoided.

Let it be understood, that a proper method of cooking the provisions of a dyspeptic patient will much contribute to his speedy recovery, and will also prove in a measure, the means of preventing a return of the disease. It is essential that all articles of diet should be prepared with the utmost simplicity. The gastric juice of a weak stomach, will digest with much difficulty, a dinner composed of a large quantity of dishes. It would be a duty imposed on it, which it is totally unable to

perform. The dinner, therefore, should consist of one dish of flesh, or fish, only, and one or two dishes of vegetables, with bread, at least twelve hours old, made of coarse flour. Two dishes of meat at the same meal, may create a disturbance in the weak stomach, as they are not so easily dissolved by the gastric juice, as one only; and the same rule will apply to the vegetable diet, as we daily see a difference in the agreement of one or more vegetables with a weak stomach. The patient may change his diet every meal, if he pleases, and go through the whole routine of animal and vegetable diet. But let him not make a variety shop or a fly market of his stomach, at every meal.

Let me conclude, by saying, that whatever be the plain diet to be used, let it be of the very best quality the market affords: Let not the potatoes be frozen and watery, or the butter old and rancid. Fresh butter will prove an innocent and nutritious article of diet, while rancid and strong butter would prove sufficient to occasion a dysentery or cholera morbus. Fat gravy should be avoided, and the juice of the meat only, substituted. Vinegar, and pickles, of all kinds, will prove injurious; but moderate quantities of mustard and horse-radish may be eaten to advantage.

Let the invalid observe one caution: to take the utmost pains in masticating his food, at all times, and never be in a hurry at his meals. When horse-radish and vegetables of the like kind are used, they should be finely scraped or grated in small and fine particles.

These observations should be attended to in all complaints of the bowels.

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### *Apoplectic Fits.*

THE Apoplexy is a sudden loss of sense and motion, wherein the patient is to all appearance dead, the heart and lungs, however, still continue to move. Though this disease often proves fatal, yet

it may sometimes be removed by proper care. It chiefly attacks sedentary persons of a gross habit, who use a rich and plentiful diet, and indulge in strong liquors. People in the decline of life are most subject to the apoplexy. It prevails most in winter especially in rainy seasons, and very low states of the barometer.

*Symptoms.*—Sudden falling to the ground, with deprivation of sense and motion, attended by deep sleep and noisy breathing; the circulation remaining unimpaired, a noise in the ears, the night mare, a spontaneous flux of tears, &c.

*Causes.*—Plethora, hard drinking, too large doses of opium, blows, tight neck-cloths, or whatever interrupts the return of the blood from the head, a compression of the brain, occasioned by an excess of blood, or a collection of watery humors.

In the cure of a disease, threatening such sudden fatality, remedies must be speedily employed. The patient should be kept perfectly easy and cool. His head should instantly be raised and supported, and his feet suffered to hang down. His clothes ought to be loosened, especially about his neck, and fresh air admitted into his chamber. He must be bled copiously, which must be repeated after a short time if not relieved, especially if the disease occur in a person of robust and plethoric habit. Brisk purges are next to be administered, and when these cannot be swallowed, the most stimulating injections should be thrown up.

Where the disease depends rather on a depletion of the blood vessels than on too great a fulness, bleeding is not so necessary, particularly if the patient's countenance appears to be sunk and palid. In this case the patient should be placed in the same posture as directed above, and receive opening glysters in the same manner. Purges here are likewise necessary, and the patient may drink strong belm tea. If he be inclined to sweat, it ought to be promoted by drinking wine &c., or a

infusion of *carduus benedictus*. A plentiful sweat kept up for a considerable time has often carried off a serous apoplexy.

The diet should be of the lowest kind, consisting principally for several days after the attack, of diluent drinks; such as rice or barley-water, tamarind-water, flax-seed tea, &c.

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### *Epileptic Fits.*

*Symptoms.*—A sudden deprivation of all the senses, wherein the patient falls suddenly down and is affected with violent convulsive motions in the muscles of the face and every part of the body.

The epilepsy is sometimes hereditary. It may likewise proceed from excessive drinking, sudden stoppage of the courses, severe fright, injuries of the head, teething, and irritation from worms in the stomach and intestines, intense study, excess of venery, too great emptiness, or repletion, &c.

If the patient be of a sanguine temperament, and there be reason to fear an obstruction of the brain, bleeding and other evacuations will be necessary. When the disease is occasioned by the stoppage of customary evacuations, these, if possible, must be restored; if this cannot be done, others may be substituted in their place. Issues or setons in this case have often a very good effect. When there is reason to believe that the disease proceeds from worms, proper medicines must be used to kill, or carry them off.

When the disease is hereditary, or proceeds from a wrong formation of the brain, a cure need not be expected. When it is owing to a debility, or too great an irritability, of the nervous system, such medicines as tend to brace and strengthen the nerves, may be used.

The following preparation is highly extolled as a remedy in this disease:

Reduce the seeds of the *lobelia inflata* to a fine powder, and to half an ounce of this powder add



the same quantity of Cayenne pepper, a gill of the tincture of myrrh, and a spoonful of valerian root; keep it closely corked in a bottle for use. Dose, a tea-spoonful for an adult, and children in proportion.

It is also recommended in cases of measles, small pox, locked jaw, bite of a mad dog, suspended animation, &c.

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*Wounds.*

THE cure of wounds is affected in two ways, either by adhesion or suppuration; and previous to attempting either of these modes, the further effusion of blood should be restrained, and any extraneous substance removed.

If the wound be made by a sharp cutting instrument, clean it with a soft sponge or cloth, and warm water; dry the skin with a warm soft cloth; bring the sides neatly and closely together with straps of adhesive plaster; the straps should be an inch wide, and extend across the wound far enough to secure it from gaping. The number of straps should be in proportion to the extent of the wound. Over the straps should be placed a cushion of soft lint, and over the whole a bandage drawn agreeably tight, and making equal pressure.

Under this dressing, a clean cut wound may be expected to heal without the formation of matter, and this is what is called by surgeons, *union by the first intention*. This dressing should not be removed till the third or fourth day, or longer. If pain or heat are felt in the wound, wet the dressing with spirit and water, or mineral water, frequently. The patient should observe a cooling diet, and avoid every kind of motion and disturbance of the part.

All this may be performed by any ingenious person, provided the bleeding from the wound ceases after the proper cleansing, and this is commonly the case, unless the bleeding proceeds from a large blood vessel. When an artery is cut, the blood is

of a bright scarlet colour, and gushes from the wound in jets, with great force. When a vein is cut, the blood runs in an unbroken stream, of a dark purple red colour.

When ligatures are necessary in consequence of large arteries being wounded, the following rules are to be observed in applying them. If you have no tourniquet, take a garter or cord, make a small linen cushion about four or five inches long, three broad, and about two thick, or roll up a handkerchief hard, in a similar form, and lay it on the trunk of the artery above the wounded part; pass the garter or cord, over the handkerchief round the limb; tie a knot, leaving a proper space; and then twist the ligature with a piece of wood, until the bleeding is completely restrained; you are then to prepare a ligature, formed of two or three white waxed threads proportioned to the size of the vessel; after which, slacken the bandage, in order to discover the situation of the artery, and with a *tenuculum* or a crooked needle, stick its point into the coat of the artery, and draw out the latter for an eighth of an inch, when a ligature, previously placed over the instrument in the manner of a ring by one of the ends being twice put through the other, termed the surgeon's knot, is to be pulled over the point of the needle by an assistant; and when upon the vessel, its two ends should be gently drawn, until the sides of the latter are compressed. A second knot, if the artery is large, may be made, after which the instrument is to be removed, and the ends of the thread or ligature cut off, at such a distance, that they may hang at least one or two inches without the edge of the wound.

When a small artery is wounded, if it is cut in two, it contracts, and the bleeding soon ceases. If it is only punctured, the wound must be enlarged; and then the artery may be tied, should proper pressure fail.

*A lacerated wound* is made by violently tearing the

parts asunder; the edges of this kind of wound are unequal and jagged, and though a large blood vessel is ruptured, but little blood issues. Whole limbs have been torn from the body, without the occurrence of bleeding; but we know that a great wound with little bleeding was made with great violence.

In such cases, as in simple cuts, the wound should be cleaned; then restore the parts as near as possible to their natural position. Apply warm emolient poultices and fomentations. When the laceration is but slight, an union by the first intention, as in cuts, may sometimes be effected; at least the attempt should be made; if upon trial it fail, no harm is done, and we can still resort to the poultices and fomentations.

*Contused wounds*, made by the stroke of a blunt instrument against any part of the body; the skin remaining entire; black and blue spots appearing on the bruised parts; if slight, require only to be covered with linen wet with vinegar and water, brandy, alum-water, or mineral water.

The bruised part should be kept quiet with the muscles relaxed. A dose of salts may sometimes be given. When, however, the contusion is great, bleeding and saline purgatives are proper. Equal parts of vinegar and water, or hartshorn and vinegar and water, form an excellent wash. Gentle pressure from a bandage should not be omitted.

*Punctured wounds*, made by a sharp pointed instrument, as by a dagger, bayonet, scissors, &c. are not only dangerous on account of their depth, injury to the blood vessels, nerves, or vital parts; they also give rise to extensive inflammation. Immense agitation of the nervous system, even to lock-jaw, sometimes follows the infliction of a punctured wound.

Wounds of this description are not apt to heal, but form deep seated ulcers. But as it is impossible to tell whether such wounds will heal or not, and as no harm can result from the attempt to unite

them by the first intention, the orifice should be closed with straps of adhesive plaster, and gentle compression applied along the whole course of the wound. Perfect quietude should be observed. When the pain is severe, laudanum may be administered in doses of eight or ten drops every two or four hours; and when the inflammation runs high, to unload the vessels by topical bleedings; which may be further aided by fomentations, and emollient poultices. If these are not sufficient, and the pain still continues severe, it probably depends on a partial separation of nerves, to relieve which, a complete division of them should be made. The latter complaints are spasmodic, which vary in degree from the slightest convulsive twitches, to the highest state of spasm in the attack of the lock-jaw. They are frequently the effects of trifling injuries, a small scratch for instance, which does not penetrate to a greater depth than the skin, will sometimes induce them; and when they happen as the consequences of large wounds, they do not make their appearance until the sore is nearly healed.

Upon the first symptoms of these affections the patient should be immersed in a bath of warm water; soapsuds or a ley made with ashes, as long as he can bear it, and the tincture of lobelia seed, [*See Recipes*] should be exhibited in pretty large doses every two or three hours, as the symptoms may indicate.

#### *Bite of the Rattle Snake.*

A bite of this reptile produces nausea, a full, strong agitated pulse, the whole body swells, the eyes are suffused with blood; sometimes bloody sweats; bleeding from the nose, eyes, and ears; the teeth chatter, and interrupted groans.

The wound should be immediately cut or burnt out. A poultice of quicklime, with oil and honey, is said to have been used effectually; the fresh juice of plantain is by some considered an antidote. The firing of gun powder on the part is also considered a remedy. See Rattle Snake's master.

*Erysipelas or St. Anthony's Fire,*

Is an inflammation on some parts of the skin, attended with pain and heat, and when extensive, there is considerable fever, accompanied with drowsiness.

An imprudent exposure to cold when the body is heated, hard drinking, and the sudden stoppage of any natural evacuations, are generally the causes of this disease.

Absence of fever, or if present, assuming the inflammatory form, bright red color, and strength little diminished, are regarded as favorable symptoms. The disease appearing in the face, color of a dark red, brown, or livid, inflammation rapidly extending, pulse small, hard, rapid, brown tongue, stupor, delirium, flabby swelling, and livid blisters are to be regarded as unfavorable.

As the disease abates the skin peels off in branny scales; this is to be wished. Suppuration is to be dreaded, and mortification still more.

If the fever be inflammatory and the swelling hard, wash the part with the following preparation.

R. Sugar of lead, . . . . 1 drachm,  
Soft water, . . . .  $\frac{1}{2}$  pint,  
Vinegar and spirit, of each,  $\frac{1}{2}$  gill.

If blisters arise, or the skin is livid, use flour or starch sifted in cotton.

In severe erysipelas, evacuations are necessary, for it is usually connected with derangement of the biliary secretions. Cream tartar, Glaub. salts, senna, or manna, may be administered. If the patient have a foul tongue, a bitter taste in the mouth, and a propensity to vomit, an emetic may be administered. After full evacuations, and the pulse becomes soft, or there is a change to a purple color; bark, wine, and a nourishing diet, are necessary.

When erysipelas spreads from a wound, local applications are necessary; the warm emollients do best commonly; weak warm mineral water, is often an excellent application; or spirit and water, with the part covered or not, as feels best to the patient.



*Mortification,*

Is generally supposed to have place where the circulation is no longer performed through the diseased part, which generally turns black, and becomes putrid, producing a separation of the diseased surface from the sound flesh like an *eschar*, in consequence of a caustic being applied.

*Symptoms.*—If mortification supervene on inflammation, an excessive, acute and constant pain, great anxiety, often delirium, followed by a sudden cessation of all inflammation, are the symptoms. The part before tense, now becomes flaccid, of a livid color, losing its heat and sensibility. Blisters are formed, under which appear brown spots.

If the event prove favorable, the mortified portion is surrounded by a white line, about which matter is formed. The dead part now loosens and sloughs out, leaving a suppurating ulcer.

If, on the contrary, the termination be fatal, the mortification rapidly extends, great constitutional irritation arises; the pulse becomes small, rapid, and irregular; there is a fixed flush on the countenance, with great anxiety and prostration of strength, and death soon ensues.

Mortification is sometimes produced without previous inflammation, by blood vessels being choked by pressure, long continued cold, long continued pressure, violent bruises, &c.

The best external application to arrest the course of mortification, is to apply a blister to the part, sufficiently large to cover one or two inches of the sound flesh, and afterwards to dress the part with cataplasms, made of bark, charcoal powder, and yeast, to be renewed every three or four hours, or as often as they acquire a putrid smell.

When the mortified parts begin to separate, remove no more at each dressing than comes away without pain or loss of blood; as soon as the gangrene stops, and granulations of good flesh appear, it is to be treated as a simple ulcer.

In the mortification of the toes and feet of old people, nothing is of service but opium, bark, and wine. This disease begins at the ends of the toes; first a blister rises, from which mortification spreads up the limb.

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*Carbuncle,*

Is a malignant kind of bile which seldom suppurates perfectly, but discharges a thin sharp humor as is usual in erysipelous inflammation. Sometimes they are as large as a plate; a number of small openings appear on the surface, through which the matter is discharged. Large sloughing and sometimes mortification takes place.

Carbuncles are sometimes symptoms of plague and malignant fevers.

A free opening should be made in every carbuncle, and an emollient poultice applied; the matter and sloughs will then escape and make room for a healthy suppuration. An emetic or cathartic to clear the stomach and bowels, should be given, followed by tonic medicines with wine and nourishing diet. To relieve pain and irritation, small doses of opium may be given. After the sloughing has taken place and the carbuncle has become an ulcer, treat it as it is laid down for ulcers.

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*Ulcers.*

No disease occurs more frequently among the poor and negroes, than ulcers of the legs; for this obvious reason: they are more exposed to accidents, and when they meet with a wound or contusion in the leg, the injured part inflames, and becomes an ulcer for want of proper care. Women with obstructed menses are also subject to this disorder.

Ulcers commonly appear as sequels to other diseases; as, external injuries, inflammation, suppuration, mortification, &c.

When an ulcer is of a recent nature, it should be

healed as quick as possible. But when an ulcer has been of long standing, or has become habitual, especially in an old person, a surgeon should be consulted, or a blister or issue should be applied and kept open for some time, as a substitute for the drain of the old ulcer.

An ulcer not attended by any considerable degree of inflammation and pain, and which affords a discharge of mild matter, of whitish consistence, the granulation firm, red, and of a healthy appearance, is called the simple purulent ulcer, and is entirely a topical affection. This ulcer is the most simple that can occur, both in its symptoms and method of cure; and it is to the state of such a sore, that every other species must be reduced before a permanent cure can be effected.

The causes of purulent ulcers are, all wounds that do not unite without the formation of matter, and every external accident that terminates in supuration, with an opening as a consequence of it.

In the cure of this species of ulcers, first remove any inflammation which may attend it, by emollient poultices, as bread and milk, renewed every three hours. As soon as the inflammation subsides, omit the poultices, lest the granulations be rendered lax and flabby, but keep the sore clean, and dress with some mild ointment, spread very thin on soft lint, or apply dry lint, and upon that a piece of linnen spread with ointment. The thorn apple [see herbs,] is a most valuable application to heal sores. The frequency of dressing ulcers must depend on the quantity of matter discharged, but in general they should be dressed once in twenty-four hours in winter, and twice in summer, and the greatest care should be taken, in renewing the dressings, not to expose the sore for any time to the air. When the ulcer is filled up with sound flesh, the remaining part of the cure consists in performing the cicatrix. This is frequently the work of nature, but, in many cases, when every deficiency seems to be sup-

plied, still a cure is tedious, the surface of the sores remaining raw, and discharging freely. In such cases the sores should be washed twice a day, with simple lime water, or some astringent wash.

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## RECIPES.

### *Elixir Vitriol.*

Drop gradually four ounces of strong oil of vitriol into a pint of spirits of wine, or brandy; let it stand three days, and add to it half an ounce of race ginger, and an ounce of red pepper, digest for three days and it is fit for use.

This is good to relieve the asthma, by taking from ten to sixty drops in a glass of water, three or four times a day.

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### *Balsamic Ether.*

Put four ounces of spirits of wine, and an ounce of balsam of tolu into a vial with one ounce of ether, keep it well corked, or it will evaporate.

This is also a good preparation for those who are afflicted with the asthma, by putting a spoonful into a quart of boiling water, and receiving the steam into the lungs through a fumigator, or funnel twice a day.

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### *Spitting of Blood.*

Make a strong tea of witch hazel leaves, and to a half pint of it add three spoonful of sage juice, and the same quantity of nettle rash juice.

Take a wine glass full every half hour until it stops.

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### *To prevent a Bruise from Swelling.*

Immediately apply a cloth five or six times doubled, dipped in cold water, and renew it when it grows warm.

*Burn or Scald.*

Immediately apply hog's lard and starch, well mixed together, and spread on a clean linnen or cotton rag. A few applications will take out the fire. Then make a salve of white lead, by adding as much flax seed oil, and a little Seneca oil, as will make it to a proper consistence. Apply it once in twenty four hours, by spreading it on a clean rag.

---

*Consumption.*

Take two handsfull of sorrel, and boil it in a pint of whey. Strain it, and drink a wine glass full three times a day.

*Another.* Drink three times a day two spoonsful of the juice of water cresses. This is said to have cured a deep consumption.

So long as the tickling cough continues, chew well, and swallow, a mouthful or two of hard cracker or crust of bread twice or thrice a day.

*Another.* Take elecampane root, spike nard root, comfrey root, and sarsaparilla root, of each a handful. Indian turnip root and skunk cabbage root, of each about the size of a large bulled walnut; bear hound, sage, ground ivy, and garden benedic, of each a handful; lobelia and thoroughwort, of each half a handful; put the whole into three gallons of water, and boil them down one half; squeeze out all you can; strain it.

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*Eye Water.*

Boil very lightly one spoonful of finely powdered coperas, and three spoonsful of fine white salt, in three pints of spring water; when cold, put it into vials without straining. Take up the vial without shaking, and put a drop or two into the eye morning and evening.

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*Falling down of the Womb.*

Boil two handsfuls of red rose leaves in half a pint



of Port Wine, dip a cloth in it, and apply it as hot as it can be borne, do this till all is used.

*Another.* Take witch hazel and raspberry leaves of each equal parts, and make a tea-cupful of strong tea, then put in one fourth of a spoonfull of pulverized lobelia, and as much Cayenne pepper as will lie on the point of a pen knife, stir it, and then let it stand a few minutes, then strain and divide it into two parts, then with a female syringe inject one half into the vagina, and in ten or fifteen minutes the other half. These directions attended to several times a day are sure to effect a cure. The patient at the same time should take a tea-spoonful of the heating powders, in a tea-cupful of boiling water. A heated stone wrapped in damp cloths should be kept constantly to the feet.

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*Boerhaave's Fever Powder.*

Take eight ounces of nitre, a quarter of an ounce of camphor, the eighth of an ounce of saffron, and eight grains of cochineal. These are to be powdered and mixed together, and kept dry in a bottle. Ten grains taken on going to bed, abates the feverish heat, and procures rest. Ten grains are to be taken every three or four hours in a continued fever.

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*Fistula.*

Take muscle shells, wash them clean, and beat them to powder, and sift them. Then mix them with hogs' lard, spread it on clean soft leather, and apply it. It is said this has cured when persons were near the point of death.

*Another.* Grind an ounce of corrosive sublimate in a glass mortar, as fine as possible, put it into a glass vessel and pour on it two quarts of water, cork it close, and for six days shake it well every hour, then let it settle for twenty four hours, pour it off clear; filter it in a glass funnel; and keep it for use close stopped. Put half a spoonful of this w

ter into a vial with two spoonful of clear spring water, shake them well together, and take it on fasting. It works both by vomit and by stool, but very safely. Keep yourself very warm and walk as much as you can. The first time neither eat nor drink for two hours after it has done working.— Take this every other day. In forty days this will also cure any cancer, old sore, or king's evil, broken or unbroken. After the first or second vomit, you may use water gruel as in other vomits.

This medicine ought to be given by a skillful physician.

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### *Nervous Disorders.*

When the person finds an uncommon oppression, let him take a spoonful of tincture of valerian root. The tincture should be made thus: Cut to pieces six ounces of Valerian root, fresh or dried, bruise them in a mortar, put it in a quart of strong white wine, cork the bottle and let it stand for three weeks, shake it every day, then press it out and strain it.

---

### *Turlington's Balsam.*

Take of balsam of Peru, balsam of tolu, angelica root, and calamus root of each half an ounce, gum storax in tears, and dragon's blood of each one ounce, gum Benjamin one and a half ounce, aloes and frankincense of each two drachms. Let the roots be sliced thin, and the gums bruised, put all the ingredients into a quart of spirits of wine, set the bottle by the fire in a moderate heat for eight days, then strain and bottle it for use.

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### *Tincture of Jalap.*

Take three ounces of Jalap, one pint of good spirits. Put them into a bottle and let them digest for seven days. A tea-spoonful or two is sufficient for a child ten years old. It is a good purge for children.

*King's Evil.*

Make a tea of dried burdock leaves, sweeten it with honey, and drink a half pint twice a day for four months. Use the above tincture as a purge.

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*Diabetes.*

Impregnate wine pretty strong with ginger, boil it a little, and drink as much and as often as the strength will bear. The common drink should be milk and water.

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*Hoarseness.*

Take nettle roots, dry them in an oven; pulverize, and mix them with an equal quantity of molasses. Take a tea-spoonful two or three times a day. Or, boil a large handful of wheat bran in a quart of water, strain and sweeten it with honey, and sup it frequently.

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*Jaundice.*

Take three ounces of dried burdock roots, and a handful of nettles; boil them in three quarts of water to two then strain it and drink a large tea-cupful every morning. This also cures the scurvy by adding a table-spoonful of nettle juice to the cupful.

---

*Pleurisy.*

Make a strong decoction of nettles, take a glassful warm every half hour and apply the boiled herb hot as it can be borne as a poultice.

---

*Rheumatism.*

Take spirit of camphor and florence oil of each one ounce, of the spirits of hartshorn half an ounce, put them into a phial, and shake them well together. Bathe the part affected, and moisten a piece of flannel with it and apply it.

[This preparation is also good as an external application in the quinsy.]

Dissolve one ounce of gum Guaiac in three ounces of spirits of wine, and take 60 or 80 drops on loaf sugar two or three times a day as an internal remedy.

---

*Stone, or stoppage of the kidneys.*

Take an ounce of the common thistle root, dried, and four drachms of Liquorice. Boil them in a pint and a half of water, drink one half of it every morning, and drink strong ground-ivy tea through the day.

---

*To put back a White Swelling.*

Take white roses, elder flowers, leaves of fox-glove, and St. John's wort, of each a handful; and a large white lily root, cut fine, mix them with hog's lard and make an ointment. It will also disperse any hard swelling if applied in time.

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*Bloody Urine.*

Make a strong decoction of yarrow, and drink a pint twice a day.

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*Falling of the Palate.*

Bruise the veins of cabbage leaves and lay it on the head hot, repeat it if needed in two hours, and gargle with a decoction of hemp-seed.

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*Bite of a mad dog.*

Take a pound of salt, and mix it with a quart of water; squeeze, bathe and wash with this for an hour, then bind some salt upon the wound for twelve hours.

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*Convulsions.*

Take a tea-spoonful of valerian root, pulverized, in a cup of water every evening.

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*Gravel.*

Dissolve three drachms of prepared natron in a quart of cold water, take one half of this quantity

in the course of the day. Continue it for a few days, and the disease will be removed. It is best to take it after a meal.

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*Corns.*

Take peach leaves and make a strong decoction, then make a poultice by putting in rye or corn meal, and apply it to the corns.

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*Epileptic Fits.*

Take may-apple roots dried and pulverized, take half a tea spoonful in molasses every morning for four months.

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*Vegetable Heating Powders. X\**

R.	Bayberry root bark,	. . .	1 lb.
	Hemlock bark,	. . .	$\frac{1}{2}$ lb.
	Ginger,	. . .	$\frac{1}{2}$ lb.
	Cayenne pepper,	. . .	1 oz.
	Cloves	. . .	1 oz.

Pulverize finely and mix. Dose, a tea-spoonful with the same quantity of sugar, in about a gill of hot water.

This preparation is an excellent remedy for pain in the stomach and bowels, dysentery, obstructions by cold, &c. A dose taken on going to bed and warmth applied to the body, is an excellent remedy for a bad cold.

---

*Cough Powder. X.*

R.	Skunk cabbage root, pulv.	2 drachms,
	Hoarhound,	1 do.
	Lobelia,	$\frac{1}{2}$ do.
	Indian turnip root,	" do.
	Cayenne pepper,	" do.
	Bayberry bark,	" do.
	Indian physic root bark,	" do.
	Valerian,	" do.

All finely pulverized and well mixed. Dose, half a tea-spoonful at night in molasses.



*Bayberry Syrup.*

- R. Bayberry bark, - - - 8 ounces,  
 Quakingasp bark, - - - 8 do.  
 Water, - - - - 1 gallon;

Boil, strain, and add sugar, - - - 4 lbs.

Then boil, skim, and add peach meats  
 pounded, - - - -  $\frac{1}{4}$  lb.

When cool add half a gallon of brandy, and bottle  
 it for use.

This is an excellent preparation for a weak stomach, and to restore weak patients; it is also useful in dysentery, bowel complaints, &c. Dose, half a wine glassful two or three times a-day.

*Tincture of Myrrh.*

- R. Alcohol, - - - - 2 qts.  
 Myrrh, - - - - 8 ounces,  
 Cayenne pepper, - - -  $\frac{1}{2}$  do.

Digest for seven days, shaking it occasionally.  
 Dose, one or two tea-spoonfuls. It is an excellent medicine in rheumatisms both externally and internally applied. It is also good for old sores, swelled joints, bruises and sprains.

*Healing Ointment.*

- R. Flax-seed oil, - - - - 2 qt.  
 Red lead, - - - - 1 lb.

Boil the oil till it will scorch a feather, and mix the lead with it while cooling; boil again, and add two ounces of spirits of turpentine, stirring them well together.

This is an excellent ointment for healing, and easing pain in old sores and fresh wounds, scalds and burns, and is equally as good, if not preferable to the celebrated Shepherd's salve.

*Pile Ointment.*

- R. Fresh leaves and tender stalks of James  
 townweed, - - - - 1 lb.  
 Hog's lard, - - - - 1 lb.

Simmer over a gentle fire till the leaves become crisp. Strain, and when cold add 7 or 8 nut galls.

Powder of cinnamon       $\frac{1}{2}$  do.

Mix the powder together, and put it in boxes for use. Apply about the size of a hazel nut to the part three times a day making use at the same time of a tea made of rushes or strawberry and witch hazel leaves.

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*Gravel.*

Take of broad leaved thyme, and rag-weed, of each a handful, and as much of the fibrous roots of the queen of the meadow as will lie on the open hand, pour hot water on them and drink freely of it. Then take as much of the wild potato root as will lie on a man's hand cut fine, put it in a quart bottle, together with a piece of masterwort root about two inches long and as thick as a man's finger, finely sliced, to which add half the full of the bottle of water, and then fill it up with good whiskey. Dose, a wine-glassful three times a-day before eating. But if the stomach is weak, or has sensations of burning, take less.

---

*Asthma or Phthisic.*

R. Mullen seeds,      1 pint.  
Water,      2 quarts.

Boil down one half and add

Strong vinegar,       $\frac{1}{2}$  pint.  
Honey,       $\frac{1}{2}$  do.

Dose, two table-spoonfuls three times a day.

---

*Whites.*

R. Venice turpentine,  
Flour,  
Loaf sugar, (fine,) each,      3 drachms.

Mix. and make into small pills. Dose, three or four morning and evening.

*Worms.*

R.	Wormseed oil,	$\frac{1}{2}$	oz.
	Castor oil,	$1\frac{1}{2}$	oz.
	Jalap,	3	gr.
	Fern root, pulverised,	10	gr.
	Skunk cabbage root, pulv.	5	gr.

Mix. Shake well before using it. Dose, from one half to a tea-spoonful once a day for three or four days.

*Another* Give a tea-spoonful of flax-seed oil, for nine mornings in succession to a child; and a table spoonful to an adult.

*Diarrhœa.*

R.	Prepared chalk,	$\frac{1}{2}$	oz.
	Powdered cinnamon,	2	dr.
	Gum Arabic,	1	oz.
	Carbonate of potass,	1	dr.
	Water,	1	pint.

Mix, and boil half an hour. After the stomach and bowels are free, a spoonful at a time may be given frequently.

*Putrid Sore Throat.*

Take bayberry root bark, sumach root bark, and the inner bark of hemlock, well dried and pulverized, of each equal parts. Mix well, and to two or three table-spoonfuls of this powder add half a table-spoonful of goldenseal or kercuma, and as much dried witch hazel and raspberry leaves as you can lift between your two fore fingers and thumb, make a tea of the whole by pouring on it half a pint of boiling water, and letting it stand for 15 or 20 minutes. The mouth and throat should be frequently washed and gargled with this tea, and sweetened with sugar; some of it may be frequently taken into the stomach. From a half to a tea-spoonful of the tincture of myrrh should be given twice a day. The throat should also be anointed occasionally with opossum or bear's grease, mixed with strong

spirits of camphor. Pursue this course daily. If the patient should have much fever then give a dose of the vegetable heating powders sweetened well, and keep up a moderate perspiration for several hours.

---

*Incomparable Fumigation for a Sore Throat.*

Boil a pint of vinegar and an ounce of gum myrrh well together, about half an hour, and then pour the liquor into a basin. Place over the basin the large end of a funnel so as to fit it, and the small end then being taken into the patient's mouth, the fumes will be inhaled and descend to the throat. It must be used as hot as it can possibly be borne, and renewed every quarter of an hour, till a cure is effected. This excellent remedy will seldom or never fail, if persisted in only for a day or two, and sometimes for a very few hours, in the most dangerous state of an inflammation or putrid sore throat, or even a quinsy.

---

*Cure for a Sprain.*

Put an ounce of camphor, grossly powdered, into a pint bottle, and adding a half pint of spirits of wine, nearly fill up the bottle with bullock's gall. Let it stand two or three days by the fireside, shaking it frequently till all the camphor be completely dissolved, and keep it very closely stopped for use. The part affected is to be bathed plentifully every three or four hours till relief be obtained.

This embrocation, which is very efficacious, may be quickly prepared by at once mixing common spirit of wine and camphor, with an equal quantity of ox gall.

---

*Expedition and Effectual Cure for St. Anthony's Fire.*

Take equal parts of fine spirits or oil of turpentine, and highly rectified spirits of wine, mix them well together, and anoint the part gently with a feather dipped in it immediately after shaking the

bottle. Do this often, taking care not to approach the eyes, and it will generally effect a cure in a day or two; for though it seems at first to inflame, it actually softens and heals. This receipt is transcribed from a valuable collection.

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*Excellent Remedy for Contractions of the Sinews,  
Stiffness of the Joints, &c.*

Beat as thin as possible the yolk of a new laid egg, and then add by a spoonful at a time three ounces of pure water; agitating the mixture continually, that the egg and water may be well united. This liquid is to be applied to the part contracted, either cold or milk warm, rubbing it for a few minutes, three or four times a-day.

---

*West India Bitters, or Toussaint's Anti Bilious Drops.*

Take three drachms of orange peel, two drachms of gentian root, one each of cardamums, grains of paradise, and gallengals, half a drachm each of nutmegs and cloves, one scruple each of saffron and cochineal, and half a handful each of camomile flowers and Roman wormwood. Infuse the whole in two quarts of brandy, rum or white wine. After it has stood for some time, pour off what is clear, and to the ingredients a quart more of either liquor, though brandy is considered the best for the purpose. This too, having remained a somewhat longer time, and been occasionally shaken, may in like manner be poured off for use. Two tea-spoonfuls are directed to be taken an hour before dinner in half a glass of wine.

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*An excellent Vegetable Balsam for Soreness of the  
Breast, Coughs, &c.*

Dissolve over a slow fire one pound of white sugar candy, in a quantity of white wine vinegar, say about three pints, until it is reduced by evaporation to one pint; during the operation let as much garlic as possible be dissolved with it. This prepara-



tion will answer all the purposes of Godbold's vegetable bal-*am*, and is probably the same.

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*Genuine Receipt for making the Invaluable Cordial  
Liquor, Vespetro, recommended by the late King of  
France's Physician, in all complaints of the Stomach,  
Indigestion, Vomiting, Colic, Obstructions, Strangury,  
Vertigo, Rheumatism, Shortness of breath, &c.*

Take a thick glass or stone bottle that will hold considerably more than two quarts, and put in it 2 quarts of the best brandy, adding the following seeds, one ounce of coriander, and a large pinch of each of fennel and annise seeds, two drachms of angelica seeds, then squeeze in the juice of two fresh lemons, putting in also their yellow rinds, add a pound of loaf sugar, and well shaking the bottle from time to time, let the whole infuse for five days. In order to clear the liquor, then strain it through a cotton bag, or filtering paper, and bottle it up carefully and closely corked. It must be taken in a small wine glassful at a time, more or less often according to circumstances. A table-spoonful taken for four or five successive mornings is said to kill the worms in children; and on rubbing with a small quantity the nose and temples fasting, it serves as a preservative against the ill effects of damp or unwholesome air.

---

*Remedy for Wind in the Veins; a good Carminative.*

Take equal quantities of powdered liquorice, caraway seeds and sugar candy; to which add a third part of rhubarb and the like quantity of cream of tartar, both finely pulverized. Of this mixture, take a tea spoonful two or three times a-day, either itself or in a glass of wine. It should be continued about a week. It is gently laxative, and is excellent for expelling wind and easing pains in the bowels, &c.

---

*Greek Remedy for a Weak Stomach.*

Infuse in a pint of wine, one drachm each of

dered myrrh, frankincense, wormwood, and castor, for eight or ten days, of which take a glass after dinner, and it will wonderfully assist digestion.

---

*For the Whooping Cough.*

Make an ointment of the essential oils of alder, caraway, and rosemary, mixed with rose leaves and chamomile flowers, and rub the pit of the stomach with it on going to bed. This is said to be an effectual remedy.

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*For the Flux.*

Take of pearl barley one ounce, tartar emetic four grains, boil them in two quarts of water for half an hour. For a dose take a tea-cupful every hour for an adult, and a table spoonful for a child.

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*For the Dropsy.*

Take three gallons of sour cider, or cider vinegar, and put into it white pine tops, hoarhound and centaury, of each a double handful, and a large quantity of rusty iron; put the whole into a new earthen crock; let it stand for two days. For a dose take a wine-glassful as often as you can in a day.

---

*For Stiff Joints.*

Take Alcady soap, and camphor, of each an ounce; and if the joint be painful add a little opium; put the whole into a pint of alcohol, and bathe the part several times a day. This is an excellent remedy.

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*To stop Bleeding.*

Take oak bark and crane's bill root, finely pul-  
verised, of each an equal quantity; apply them to  
wound; spread a little grated comfrey root over  
it leave it bound up for eight days. In bleed-  
ing from the nose a little rappee snuff may be added.

---

*For Bilious Colic.*

Take of white walnut tree and root bark, elder

bark, and dogwood bark, of each a handful; boil them in four quarts of water down to one quart; strain it, and put in one half a table spoonful of salt-petre. For a dose take from one to two tea spoonful twice or thrice a day. It has given relief where every thing else has failed.

---

*To Strengthen the Stomach.*

Take quaking-aspen root bark, swamp oak bark, and black haw root bark, of each a handful, boil them in six quarts of water down to one quart; strain it well before it is too thick, let it settle, and pour off the liquor, and add to it two pounds of sugar and one quart of spirits. For a dose, take a gill three times a day, before eating, having previously cleared the stomach and bowels by physic.

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*Laxative Pills.*

R. Powder of Cinnamon, 10 grains,  
Soc. Aloes pulverized, 1 drachm,  
Castile Soap, 1 do.

Beat them together in a mortar, adding one or two drops of syrup of molasses. Make it into 32 pills. Dose for an adult, two at bed time.

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*Pills of Aloes and Assafoetida.*

R. Socotrine Aloes,  
Assafoetida, and  
Castile Soap, each 1 drachm,  
Gum Arabic in solution sufficient to

form a mass. These pills are good in indigestion, attended with costiveness, and wind in the stomach and bowels.

---

*Purgative Pills.*

R. Nitre, 8 grains,  
Aloes, 16 do.  
Gamboge, 32 do.

Make into 25 pills. One of these pills taken every two hours, till they operate, are highly recommended in cases of dropsy.

*Pills of Opium and Ipecac.*

- R. Opium in powder, 24 grains.  
 Ipecacuanha in powder, 30 do.  
 Camphor, 40 do.

Mix, and make into 30 pills with balsam copaiva, take one every six hours, and oftener if necessary, and they will be found extremely efficacious in allaying the cough, and relieving the diarrhœa, in consumptions.

*Hull's Colic Pills.*

- R. Cloves, 1 drachm.  
 Mace, 1 do.  
 Myrrh, 1 do.  
 Saffron, 1 do.  
 Ginger, 1 do.  
 Castile Soap, 1 do.  
 Socotrine Aloes, 1 ounce,  
 Essence of Peppermint, sufficient to  
 moisten it. Make common sized pills, and take  
 them till they operate.

*Pills of Myrrh, &c.*

- R. Myrrh in powder, 2 drachms,  
 Sulphate of Iron, 1 scruple,  
 Salt of Tartar, 1 drachm.  
 Extract of Gentian, 1-2 do.

Simple syrup sufficient to form a mass, make into 70 pills, of which take three, three times a day, in the incipient stages of consumption.

**POWDERS.***Hiera Picra.*

- R. Socotrine Aloes, -1 lb.  
 White Canella 1 oz.

Separately powdered, and then mixed. This is a good purgative. Dose, between a scruple and a drachm. May be taken in syrup or molasses.

*Powder of the Gums.*

- R. Tragacanth, in powder  
 Gum Arabic,  
 Starch, of each 1 1-2 oz.  
 Loaf Sugar, 3 oz.

Grind to a powder. Taken in doses of one or more tea spoonsful, it is an excellent medicine for coughs, hectic, stoppages of urine, old fluxes, &c.

*Sweating, or Dovers' Powder.*

- R. Ipecacuanha pulv.  
 Opium, of each 1 scruple;  
 Sulphat of Potash 8 do.

Grind them to powder. Dose from 5 to twenty grains, as the stomach and strength will bear it: lessen the dose if it threatens to puke. Avoid much drinking after it. This is a powerful sweating remedy in fevers, rheumatism, and dropsies, excellent in colds, and suppressed perspiration. In general this is the best opiate, as the ipecacuanha lessens the danger of a habitual use of opium—a thing to be avoided next to habits of intoxication.

**PLASTERS.**

*Common Plaster, or Diachylon.*

R. Litharge, 6 oz. Olive Oil, 12 oz. Boil them, adding warm water to prevent its burning, and constantly stirring the mixture till the oil and litharge be formed into a plaster. All this should be done with caution; the water added should be neither very hot nor very cold; it is better to remove the kettle from the fire while the warm water is added.

This is a common application to slight flesh wounds; it keeps the parts soft and warm, and defends them from the air, which is all that can be expected from any plaster.



*Sticking, or Adhesive Plaster.*

Take of common plaster ten ounces, white resin two ounces; melt them together and make a plaster. This is the plaster used in dressing recent wounds; it supplies the place of the surgeon's needle and stitch, and this from a simple cut finger to an amputated thigh. This makes the best strengthening plaster. Rub opium in it and you have the anodyne plaster.

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*Salves & Ointments.*

Take of hog's lard, four ounces, flowers of sulphur one ounce, volatile oil of lemons, or, oil of lavender one scruple. This is a certain remedy for the itch. A pound serves for four unctions. The patient should be rubbed four nights in succession, each time one fourth part of the body.

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*Tar Ointment.*

Take of tar, one half pound; mutton suet, one half pound. Melt them together, and strain. It has been successfully employed in some eruptions of the skin, especially scald head.

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*Simple Ointment*

Take olive oil five ounces, white wax two ounces, melt together. It may be used for softening the skin, and healing chaps and excoriations.

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*Yellow Basilicum.*

Take of yellow wax four ounces, white resin four ounces, frankincense four ounces, mix. Melt over a gentle fire, then add lard one pound; strain the ointment while warm. This ointment is the best dressing for all healthy ulcers.

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**SYRUPS.***Simple Syrup.*

Take double refined sugar 15 ounces, water 8

ounces. Let the sugar be dissolved by a gentle heat, and boiled a little, so as to form a syrup.— This is an excellent remedy for coughs and consumption.

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*Syrup of Lemons.*

Take of double refined sugar five ounces, lemon juice, strained, three ounces. Dissolve the sugar in the juice, till it forms a syrup. In the same way are prepared, syrup of mulberry juice, raspberry juice, black currant juice.

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*Syrup of Ginger.*

Take of beat ginger three ounces, boiling water four pounds, double refined sugar seven and a half pounds. Steep the ginger in the water, in a close vessel for 24 hours, then to the strained liquor add the beat sugar, so as to form a syrup. This is an agreeable and slightly aromatic syrup; impregnated with the flavor and virtue of the ginger.

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## TINCTURES AND ELIXIRS.

*Tincture of Myrrh and Aloes.*

Take of myrrh in powder, two ounces, alcohol, one and a half pounds, water one half pound.— Mix the alcohol with the water, and add the myrrh. Steep for four days, and then add socotrine aloes, one half ounce; saffron, one ounce; steep three days, and pour off the clear liquor from the sediment. Taken in doses of one or two table spoonsful, it is an excellent laxative and stomachic.

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*Tincture of Senna.*

Take of senna leaves, two ounces; jalap, one ounce; coriander seed, one half ounce; high spirits, three and a half pounds; digest for seven days, and add to the strained liquor four ounces of loaf sugar. This is an excellent medicine in bowel complaints, and colic, especially in intemperate persons.

*Tincture of Assafetida.*

R. Assafetida,	4 oz.
Alcohol,	2½ lb.

Digest for seven days and strain. Dose, from ten to fifty drops.

*Tincture of Bark.*

R. Peruvian bark,	2 oz.
Orange peel, dried,	½ oz.
Virginia snakeroot, bruised,	3 dr.
Saffron,	1 dr.
Proof spirit, (rum,)	2 lb.

Steep fourteen days and strain.

This is a good preparation of the bark taken as a bitter a tea spoonful to a glass of wine before eating; it is extremely useful in low fevers.

*Tincture of Guaiac.*

R. Gum guaiac,	1 lb.
Alcohol,	2½ lb.

Steep for seven days and strain.

Taken in doses of a tea-spoonful in spirit, it is a powerful stimulating, sweating remedy in rheumatic and old gouty affections.

*Laudanum.*

R. Opium,	2 oz.
Diluted alcohol,	2 lbs.

Digest for seven days. This is an elegant opiate, but separates by keeping.

*Elixir Paregoric.*

R. Purified opium,	1 dr.
Flowers of benzoin,	1 dr.
Camphor,	2 scrup.
Oil of Anise,	1 dr.
Proof spirit,	1 quart.

Digest for ten days and strain.

This has been called Elixir Asthmatic; it relieves coughs, and the bowel complaints of children.

*Bitter Tincture of Rhubarb.*

R. Rhubarb,	2 oz.
Gentian root,	$\frac{1}{2}$ oz.
Diluted alcohol,	2 $\frac{1}{2}$ lbs.

Digest for seven days and strain.

This is an excellent medicine in indigestion, debility of the bowels, diarrhœas, colic, and other similar complaints.

*Tincture of Balsam Tolu.*

R. Balsam tolu,	1 oz.
Alcohol,	1 lb.

Digest till the balsam be dissolved, and strain, mixed with simple syrup of sugar; it forms an elegant preparation called syrup of balsam; this with elixir paregoric in equal parts, is an excellent remedy for night coughs, and in consumption.

**LINIMENTS.***Liniment of Oil and Lime.*

R. Linseed oil,	1 pt.
Lime water,	1 pt.

Mix. This liniment is extremely useful in burns and scalds; and is efficacious in preventing inflammation after such accidents.

*Camphorated Oil.*

R. Olive oil,	2 oz.
Camphor,	$\frac{1}{2}$ oz.

Dissolve the camphor in the oil.

This is an excellent application to local pains; to glandular swellings, and to the bowels in tympany.

*Volatile Liniment.*

Take of spirits of hartshorn, one ounce, sweet oil, two ounces. Mix. Shake the phial well. This is an excellent medicine for bruises, sprains, &c.

*The following recipes may be found convenient "for a change" in the several complaints mentioned in them.*

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*Cathartics.*

Take of Bowman root powdered, six grains, jalap ten grains, loaf sugar, ten grains. It may be taken morning or evening, in bilious fevers, and slimy and obstructed bowels.

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*Tonic.*

Take of simaruba in powder, one scruple, opium in powder, quarter of a grain. This powder may be taken every three hours, in dysentery, after the bowels have been cleansed.

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*Pills.*

Take of cream tartar, 15 grains, gamboge, five grains, loaf sugar, eight grains. It may be taken in the morning, in all dropsical cases.

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*Diuretic.*

Take of cream tartar, one drachm, powdered squills, two grains, powdered ginger, four grains. It may be taken every four hours, in dropsy.

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**PILLS.**

*Opiate.*

Take of opium, one grain. Made into a pill, and taken to procure sleep in ordinary cases.

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*Antispasmodic.*

Take of opium, one half grain, castor, six grains, fox-glove, one grain, syrup, a sufficient quantity. Make it into a pill, and repeat it three times a-day.

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*Cathartics*

Take of scammony in powder, four grains, extract of dandelion, sixteen grains. Make it into 6 pills; take three morning and evening, in hypochondriasis and chronic liver complaint.



Take of Bowman root, six grains, jalap, six grs., mucilage of gum Arabic, a sufficient quantity. Make into three pills, to be taken at night, to empty the bowels in bilious affections.

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Take of rhubarb one and a half drachms, castile soap, 15 grains. Moisten with water, and make 24 pills; to be taken as occasion may require. They are used in costiveness arising from a deficiency of bile in the intestinal canal.

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*Diuretic.*

Take of foxglove in powder, twelve grains, Bowman root, five grains, extract of dandelion, a sufficient quantity. Make twelve pills, to be taken every 8th hour, in dropsy of the chest with obstructions.

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*Diaphoretic, (Sweating.)*

Take of tartar emetic, 2 grains, opium, 6 grains, camphor, 36 grains, alcohol, 3 drops. Make twelve pills; take one every four hours, in fevers.

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*Expectorant, (raising from the Lungs.)*

Take of squills, in powder, thirty grains, gum ammoniac, one and a half drachms, lobelia, thirty grains. Make thirty pills; take one or two every six hours, in asthma and chronic catarrh.

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*Tonic and Purgative.*

Take of ammoniated iron, one drachm, extract of aloes, one half drachm, extract of gentian, one half drachm. Make into thirty pills; take two or three every day, in indigestion, hysterics, scrofula, and obstructions.

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*Ointment for White Swelling.*

Take of lard, one pint, copperas, two drachms, alum, two drachms, tar, one quart. Boil and skim until it gets clear on the top. Spread it on thin sheep or buck skin, and apply it twice in 24 hours. Then take of corrosive sublimate and gun powder,

of each equal parts, and put as much of the mixture as will lay on the point of a small case knife into a pint of tanzy tea, of which take a tea-spoonful every morning

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*Ointment for the Itch.*

Take of venice turpentine, four ounces, red precipitate, four ounces, fresh butter, one pound. Stir it well before anointing.

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*For the Dropsy.*

Take of red chick weed, one ounce, hops, one ounce, water, one quart. Boil and strain it; put it in a bottle well corked. For a dose, take a gill two or three times a-day.

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*Dropsy.*

Take of cider, three quarts, mustard-seed, one gill, horse-radish, (scraped,) one half pint, rusted iron, three pounds. Put the whole into an earthen vessel, closely covered; thus let it stand for twenty-four hours; drink it to quench the thirst. The patient should abstain from milk, tea, or water.

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*Diseases of the Stomach, and Purification of the Blood.*

Take of gentian root, one half ounce, sassafras root bark, one half ounce, horehound, one half ounce, burdock, one half ounce, rosin of pine, one fourth ounce, rye whiskey, one quart. Put it into a bottle and let it stand for twenty-four hours, and it is fit for use. Dose, a tea-spoonful in the morning, at noon and night.

*Another.* R. Mace,

Flour sulphur,

Cloves,

Saffron—each 2 oz.

Small snakeroot,  $\frac{1}{2}$  oz.

Wine, 1 qt.

Let it stand 24 hours. Dose, a tea-spoonful.

The patient must abstain from strong vinegar and pork.

*An Oil for Wounds.*

R.	White lilies,	1 handful,
	Red rose leaves,	1 do.
	Balm of Gilead buds,	$\frac{1}{2}$ gill,
	Rye whiskey,	1 pint,
	Brandy,	1 pint,
	Camphor,	1 oz.

Digest in the sun for three days, and to a pint of the liquor, add

Oil juniper,	$\frac{1}{2}$ gill,
Oil spike,	" oz.
Brown sugar,	3 drachms,
Oil of stone,	$\frac{1}{2}$ oz.

Digest as before, shaking it every day.

*For the Flux.*

R.	Sumach bark,	1 handful,
	New milk,	1 pint,
	Loaf sugar,	1 ounce,
	Brandy,	1 gill,
	Cinnamon or cloves, (pulv.)	10 grains.

Mix. For a dose take half a tea cupful every hour.

*Another.* Take of French brandy, one gill, loaf sugar, one ounce; burn till out; then add essence of peppermint, sixty drops. essence pennyroyal, one half ounce. This is a dose for an adult, immediately before going to bed.

*For Pains.*

Take of spirits of wine, three ounces, oil organum, one half ounce, spirits lavender, one half ounce, spirits camphor, one half ounce. Shake well together; and when about to be used, add one half the quantity of tincture of myrrh and Cayenne; then bathe the part affected, and wrap a piece of flannel round it.

*For a Cold.*

Take of flax-seed, one tea cupful, liquorice, two pennys worth, raisins, one quarter pound, soft water, five pints. Boil down one half; then add sugar candy, one quarter pound, rum, one table-spoonful;

vinegar, one table spoonful. Drink one half pint on going to bed, and take a little when the cough is troublesome.

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*For the Ague.*

This disagreeable disorder may be effectually cured by the following prescription, and that too, in the short space of two or three days, if properly attended to.

Take of Peruvian bark, two ounces; rhubarb, one ounce; columbo, pulv. one fourth ounce; Cayenne, 10 grains; cloves pulv. 10 grains; mix.—Then take French brandy, one pint; Gentian, one half ounce; wormwood one half ounce. Digest for 24 hours and mix with the above to about the consistence of cream, adding three table spoonful of honey. Dose for an adult from a half to a whole wine glassful four or five times a day, for children half the quantity. An emetic and cathartic should precede the medicine.

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*Ointment for Tetters, Eruptions, &c.*

Take a table spoonful of fine verdigris, and the same quantity of honey, and half a pint of strong vinegar, stew it down to the consistence of tar.—Spread it on paper or a linen rag and apply it to the sore, renewing it every 24 hours. Good for any old, or running sores.

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*Contracted Joint.*

Take a new egg, and blow all the white out; then put the yellow into a cup and beat it well, adding by a spoonful at a time three ounces of pure water. Rub the sinews and the joint affected with it once or twice a-day, and wrap a linen rag round the joint, and so continue till cured.

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*Fellon.*

Bathe the part affected in ashes and water; then take the yolk of an egg, six drops of the spirits of turpentine, a few beet leaves cut fine, a small quan-

tity of hard soap, one tea-spoonful of burnt salt, one of Indian meal, and one of snuff; mix them well together and lay it on the part, it never fails affecting a cure.

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*To prevent the ill effects of drinking cold water.*

Dissolve half an ounce of camphor in a gill of brandy, divide this into three doses, and give them at intervals of three minutes and it will soon give relief.

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*Consumption.*

Take harts tongue, lungwort, liverwort, lobelia, and sarsaparilla root, of each a small handful, white clover blossoms a double handful, put the whole into a clean earthen pot adding thereto three quarts of good wine, then boil it slowly over a coal fire. The pot must be kept covered, the mixture is to be stirred every five minutes with a clean stick. Boil it about a quarter of an hour, then take it off and let it cool until milk warm, and then squeeze out all you can and strain it through a linen cloth and bottle it. Dose, a wine glassful 3 times a day.

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*Another.*

Gather the herb and flowers of the violet in the month of May, and smoke them through a pipe.

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*Pleurisy.*

A small handful of hawthorn blossom, the same quantity of thistle flowers, and Peruvian balm three buds, with a little catnip and hoarhound; put the whole into a bottle and add a quart of spirits.—Take a tea-spoonful every two hours till well.

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*Genuine Friar's Balsam.*

Into a two quart bottle with one quart of spirits of wine, put four ounces of sarsaparilla root sliced thin, and an ounce of Virginia snakeroot cut small; set it in the sun, or in any equal degree of heat,

shaking it two or three times a-day till the spirit becomes tinged with a fine golden yellow. Then strain off the infusion into another bottle, and putting into it eight ounces of gum guaiacum, set it in the sun or a similar heat, shaking it often till all the gum is dissolved except the dregs, which it will generally be in about 10 or 12 days. Clear it a second time from the dregs, and putting into it an ounce of Peruvian balsam; let it be well shaken, and again placed in the sun for two days; after which an ounce of balsam of Gilead being added, it is once more to be shaken together, and finally set in the sun for fourteen days, when it will be quite fit for use, and keep for many years. The dose of genuine Friar's balsam for a cough, or any inward ulcer, &c. is about half a table spoonful on a lump of sugar, or in any kind of tea. In any soreness of the stomach and in some cases of cough, twenty or thirty drops occasionally taken, often give complete relief.

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*The famous Balm of Gilead Oil, a speedy and incomparable remedy for broken shins, and other green wounds, burns, bruises, &c.*

This excellent family oil, which should be kept in every house, is made in the following simple manner: Put loosely into a bottle of any size as many balm of Gilead buds or flowers, as will reach to about one third part of its height; then nearly fill up the bottle with good sweet oil, and after shaking it a little occasionally, and letting it infuse a day or two, it is fit for use. It must be very closely stopped, and will then not only keep for years, but be the better for keeping. When it is about half used, the bottle may again be filled up with oil, and well shaken, and in two or three days it will be as good as at first. The most alarming cuts and bruises of the skin which are so frequently rendered worse by spirituous balsams, salves, &c. are completely cured in a few days, and sometimes in a few hours, by this incomparable oil.



*An admirable Beverage for a Weak Constitution.*

Boil as much good clean barley in pure water as will make about three pints; then straining it off, and having in the mean time dissolved an ounce of gum Arabic in a little water, mix them, and boil the whole up together. The barley-water need not be thick, as the gum will give it sufficient consistence. When used, take it milk warm; the good effect will soon appear. It must be substituted as a common beverage in place of beer, ale, &c. at meals.

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*An Excellent Medicine for Shortness of Breath.*

Mix three quarters of an ounce of finely powdered senna, half an ounce of flour of sulphur, and a quarter of an ounce pounded ginger, in four ounces of clarified honey. Take the bigness of a nutmeg, every night and morning, for five days successively; afterwards, once a week for some time, and finally once in two weeks.

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*Dr. Radcliff's Syrup for Shortness of Breath.*

Take balsam of tolu and colt's foot, (wild ginger) two ounces each, flour-water 12 ounces. Digest in a glazed vessel, well luted, for two hours; then strain it, and with a double quantity of fine loaf sugar, make it into a syrup. Take two spoonfuls in the morning, noon, and at night, fasting, or before eating.

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*Cure for a Sprain in the Back.*

Beat up well four table spoonfuls of good cider vinegar, with the yolk of an egg; then add thirty drops of oil or spirit of turpentine. Mix them thoroughly, and drink the whole on going to bed at night. This dose three times repeated is an infallible cure.

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*Blackberry Jam, excellent for the Stone or Gravel.*

Put quite red, but not ripe, blackberries, into a jar, and cover it closely up. Set it in a kettle of

water, over the fire, as a water bath; and when it has remained five or six hours, force the pulp or juice through a sieve, then to every pint of juice add two pounds of powdered loaf sugar, boiling and skimming it in the same manner as for any other jam or jelly. A tea-spoonful is to be taken every night, and if necessary, repeat it in the morning. It is said to be very effectual in giving relief. A good jam may be made in the like manner, with the ripe blackberries, and both should be kept with brandy papers closely covered over.

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*Curious Armenian remedy for a Cancer, as applied with success in the case of a girl at Smyrna, by an Armenian Physician.*

Take a copper vessel newly lined on the inside, a circumstance, as it appears, essential, and pouring into it a quantity of olive oil, boil it over a small fire, sufficient to keep it gently agitated; do this for three times in twenty-four hours. The oil will then resolve itself into the consistency of an ointment, with which the part affected is to be constantly rubbed. A cure in this case was effected in fourteen days, though the cancer, which was on the lip, had already affected the gums. The European physicians who were present, and on being consulted had decided, as knowing no other means of cure, in cutting it out, attributed the efficacy of this ointment to the tin which had communicated some of its properties to the oil, in consequence of its long and repeated boilings over the fire.

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*Cure for the Cramp.*

In Italy, as an infallible cure, a new cork is cut in thin slices, and a ribband passed through the centre of them, tied round the affected limb, laying the corks flat on the skin; while thus worn, they prevent any return of the cramp.

*For the Whooping Cough.*

Make an ointment of the essential oils of alder, caraway, and rosemary, mixed with rose leaves and chamomile flowers, and rub the pit of the stomach with it on going to bed. This is said to be an effectual remedy.

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*Northern Remedy for Deafness.*

In the north of Europe the following remedy for deafness is very generally used, and is said to be attended with great success. After well syringing the ears, so as to free them from wax, fifteen drops of liquid laudanum are poured into each; and a cake composed of three parts of rye flour, and one part of finely pounded juniper berries, mixed up with a sufficient quantity of vinegar, being made and baked, when the patient is ready for bed; the hot cake is split in two, and applied over each ear well covered with flannels. By this means the head is kept in a continued and free perspiration for several hours; and on the removing of the cake the hearing is commonly found restored. To prevent, however, any ill effects from too sudden exposure to the air, the ears, face, and head, are bathed with Riga balsam, but when that is not at hand, Hungary, or Lavender water, or any spirit, with or without camphor, may be substituted to prevent catching cold; a little cotton too, moistened with the spirit, may be advantageously put into each ear. If at any time the first application should not answer, a second trial or even a third must be made; as it seldom or never finally fails to succeed when duly persisted in.

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*Foxglove Juice for Deafness.*

Bruise in a marble mortar, the flowers, leaves, and stalks of fresh foxgloves; and mixing the juice with double the quantity of brandy, keep it for use. The herb flowers in June, and the juice thus prepared, will keep good till the return of that season. The method of using it is to drop every night, in

the ear, a single drop, and then moisten a bit of lint with a little of the juice, put that also into the ear, and take it out next morning, till the cure be completed.

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*The true Daffy's Elixir.*

Take five ounces of anise seed, three ounces of fennel seed, four ounces of parsley seed, six ounces of Spanish liquorice, five ounces of senna, one ounce of rhubarb, three ounces of elecampane root, seven ounces of jalap, twenty-one drachms of saffron, or ginger, six ounces of manna, two pounds of raisins, a quarter of an ounce of cochineal, and two gallons of brandy. Stone the raisins, slice the roots, and bruise the jalap. Then mix the whole together, and after letting them stand closely covered for 15 days, strain off the elixir. The stuff commonly sold in the shops for this elixir, is little more than an infusion of anise seed, liquorice, and jalap, in the coarsest fiery spirits, reduced with common water.

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*Dr. Stoughton's celebrated Stomach Elixir.*

Pare off the thin yellow rinds of six Seville oranges, and put them into a quart bottle, with an ounce of gentian root scraped and sliced, and half a drachm of cochineal. Pour on these ingredients a pint of the best brandy; shake the bottle well several times during that and the following day; let it stand two days more to settle; and clear it off in bottles for use. Take one or two spoonful morning and evening in a glass of wine, or cup of tea. As a pleasant and safe family medicine, this elixir of Dr. Stoughton is highly recommended.

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*A speedy remedy for a bruised eye.*

Boil a handful of hysop leaves in a little water till they are quite tender, then put them up in linen and apply it hot to the eye; tie it on tightly at bed time, and the eye will next day be quite well. In

the original receipt from which the above was taken, it is said that, "A man who had his thigh terribly bruised by the kick of a horse, was cured in a few hours only, by a poultice of hysop leaves cut and minced very small, and beaten up with unsalted butter."

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### *Edinburgh Eye Water.*

Put white vitriol the bigness of a hazle-nut, into two gills of rose-water, with as much fine loaf sugar as vitriol. When it is dissolved shake the bottle, and on going to bed, wash the eyes with it, using a soft clean cloth. This is said to be as good eye water as ever was made.

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### *Epileptic Electuary, for the cure of the Falling Sickness, Hysterics, and even St. Vitus's Dance.*

Take six drachms of powdered Peruvian bark, two drachms of pulverized Virginia snake root, and a sufficient quantity of syrup of piony to make it up into a soft electuary. This is said, by a celebrated physician, to have been experimentally found a most prevalent and certain remedy. One drachm of this electuary, after proper evacuation having been had, being given to grown persons, and a less dose to those who are younger, every morning and evening for three or four months, and then repeated three or four days before the change and full of the moon, absolutely eradicates epileptic and hysteric diseases, and also those strange epileptic saltations called St. Vitus's dance.

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### *Blackberry Powder, an admirable remedy for the Flux.*

Gather blackberries when full grown, but before they begin to turn black, dry them in a cool oven, and keep them closely covered in a dry situation. When wanted for use beat them to powder, pass it through a fine sieve, and take as much as will lay on a quarter of a dollar in simple cinnamon water. It may be taken the first thing in the morning, as

well as the last at night; or even oftener where the disease is violent.

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*Successful treatment of frozen limbs in Russia.*

This remedy was warm goose grease, and was not applied, as Mr. Eaton says, in the cases to which he was an eye witness, until the second day after frozen; the frost bitten parts had by that time become quite black and gangrenous. They were well smeared with that ointment, and the operation often repeated. The directions were never to permit the parts to be dry, but always covered with grease. The consequence was, that by degrees the circulation extended lower down; the blackness decreased till the toes were merely discolored, and at length circulation was restored to them. This is the general practice of the Russian peasants; but if a part is discovered to be frozen before the person comes into a warm room, the frost may be extracted by only plunging the part in cold water, or rubbing it with snow until the circulation returns.

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*Simple French remedy for swelled Face.*

Put a quarter of a pound of fresh butter into a small saucepan, over a gentle fire; and when it begins to melt, add two table spoonsful of rose water, stirring and mingling them well together. Rub the affected part with this ointment quite hot, three or four times a day, till the swelling entirely disappears. In some very stubborn cases bleeding may be found necessary; but cathartics, so think the French Physicians, are to be avoided.

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*For a Giddiness in the Head.*

Take wild valerian and mistletoe powdered of each one ounce, mix them in a mortar, and add to them as much syrup of orange peel as will make them into an electuary.

Take a piece as big as a nutmeg twice a day for



some time, drinking after it a gill of an infusion of mother of thyme made like tea.

---

*Strawberry Brandy for the Stone and Gravel.*

The following is considered by many persons as an efficacious remedy for these afflicting complaints: Fill a large bottle, four parts out of five, with fresh gathered strawberries, adding as much Havana or loaf sugar as will make it pleasant, then fill up with the best brandy, or good rum; when it has stood for six weeks, it is fit for use. A glass of this cordial, it is said, will give immediate relief in the severest fit, and a continuance of its use entirely cure the patient. Pour off the first infusion at the expiration of six weeks, and the same strawberries will make a second quantity, the bottle being filled up with brandy or rum, suffered to stand two months and then strained off by pressure of the fruit.

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*An excellent wash for numbed or trembling hands.*

These disagreeable complaints are said to be soon remedied by the simple expedient of frequently washing the hands so affected in a strong decoction of wormwood and mustard seed, to be strained and used when cold.

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*A receipt for the cure of the Jaundice.*

Take salt of tartar one ounce, of castile soap, and gum Arabic each half an ounce, of spirits or brandy one pint. The ingredients should be frequently stirred, and shook well together, and after standing four or five days the medicine will be fit for use.—The dose is two thirds of a wine-glassful mixed with one third of a wine glassful of water, every morning for three days in succession, when it may be left off for two or three mornings, and taken again in the same way if necessary, until the disease begins to disappear. Where the case is bad, it should be taken every morning until relief is procured.

*Saponaceous draught for the Yellow Jaundice.*

Take from two to four scruples of Castile or Venice soap, according to the age and state of the patient, and the disease boil it in six ounces of milk till reduced to four; then add three drachms of sugar, and strain it for a draught. This quantity to be taken every morning and afternoon for four or five days, and is esteemed a most prevailing medicine against the jaundice.

---

*Webb's famous remedy for the Bite of a Mad Dog.*

Take of the leaves of the tender buds of rue cut quite small, about a gill, the same quantity of large or common garden box, cut small; to which add nine leaves of red sage, fair, and without blemish, cut small in the same manner. Take a half pint of new wheat flour, and about a table-spoonful of yeast; mix it with the herbs in the manner of dough, let it lie about half an hour, then bake or boil it over the coals; take one third of this quantity every morning in new milk. This is the quantity for a man or woman, and the same for a sheep, hog, or dog; but for a cow or horse, the quantity of rue and box must be doubled, but only nine leaves of the sage; give it in milk or some other liquid.—Half this quantity of box and rue will answer for a colt or calf, but there must be nine leaves of the sage. Half the quantity of rue and box will answer for a child, but there must be nine leaves of the sage.

Webb mentions his father having cured some men after they were mad. In those cases he took a tea-cupful, the quantity first named, of the rue and box each, with nine leaves of the sage, boiled them well in a pint of milk, and gave it as soon as possible.

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*Artificial Musk.*

Add to one drachm of oil of amber, by small portions at a time, four times the quantity of nitric acid (Aqua fortis) carefully stirring them together with

a glass rod all the time, and continuing so to do till the whole is converted into a yellowish rosin, possessing the smell of musk in great perfection. It must of course be kept closely stopped, like real musk, and may, in most medical cases, supply the place of that valuable and expensive drug.

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*Long's Pills for Sick Headach.*

Take castile soap one drachm and a half; rhubarb in powder, forty grains; oil of juniper twenty drops; syrup of ginger a sufficient quantity, to form the whole into twenty pills. The dose is two or three of these pills, to be taken occasionally.

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*Oxymel of Garlic, for Asthmatic Complaints, Rheumatisms, &c.*

Boil in a pint of vinegar, half an ounce each of cleansed caraway and sweet fennel seeds, for about a quarter of an hour, then take it off the fire, slice in three ounces of garlic, and cover it closely up. As soon as it becomes cold, the liquor must be strained and expressed, and mixed, by the heat of a water bath, with a pound and a quarter of clarified honey to a proper syrupy consistence. A tea-spoonful or two of this oxymel, taken occasionally, particularly night and morning, will scarcely ever fail of proving beneficial to all persons afflicted with an asthma. It is also frequently serviceable in rheumatic complaints, especially when assisted by warm embrocations.

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*Grand Plisan, or Diet Drink of Health and Longevity, by M. de Sainte Cathérine, a celebrated French physician, who attained nearly the age of one hundred and twenty years.*

It is thus prepared: Take about a quart of the best sifted and well washed oats, and a small handful of wild succory roots, newly drawn out of the earth; boil them gently in six quarts of river water for three quarters of an hour, and then add half an



*Ipecacuanha Wine.*

- |                            |        |
|----------------------------|--------|
| R. Ipecacuanha root, pulv. | 1 oz.  |
| White wine,                | 16 do. |

Macerate for seven days and strain. This makes a valuable emetic for children. Dose for an adult two table spoonfuls, children a tea spoonful every ten minutes till it pukes.

*Carrot Poultice.*

- |                    |                   |
|--------------------|-------------------|
| R. Boiled Carrots, | 1 lb.             |
| Flour,             | 1 oz.             |
| Butter,            | $\frac{1}{2}$ oz. |

Mix with a little hot water, so as to form a poultice. This will be found a valuable application to ulcerated sores, swellings, and scrofulous ulcers of an irritable kind.

*Alkaline Mixture.*

- |                            |        |
|----------------------------|--------|
| R. Sub. Carbonate of Soda, | 1 oz.  |
| Carbonate of Magnesia,     | 10 gr. |
| Jalap,                     | 10 gr. |
| Mint water,                | 1 oz.  |
| Loaf sugar,                | 1 dr.  |
| Elixir paregoric           | 1 do.  |

Melt the sugar with the mint water; then add the other ingredients. Shake the vial before it is used. This is an excellent composition for young children that are troubled with wind, sour stomach, and belly ach. Dose for a child one year old, one tea spoonful, as often as occasion may require, in a little catnip tea.

*Compound Tincture of Lavender.*

- |                        |                   |
|------------------------|-------------------|
| R. Spirit of Lavender, | 1 lb.             |
| Spirit of rosemary,    | 4 oz.             |
| Cinnamon bark, pulv.   | $\frac{1}{2}$ oz. |
| Cloves, pulv.          | $\frac{1}{2}$ dr. |
| Red Sanders,           | 1 dr.             |
| Pulverized nutmegs,    | 2 dr.             |

Macerate for seven days, strain, and bottle it for

**use.** This is a good cordial for debilitated persons. Dose for an adult, from twenty to thirty drops, in a little sugar and water. It relieves languor and faintness.

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*Ague.*

R. Godfrey's Cordial,	1 bottle,
Peruvian bark,	1 oz.
Nutmegs powdered,	2 dr.
Cayenne pepper	1 do.

Shake well together. Dose, from a tea to a table spoonful, two or three times a day. It would be well to take a dose immediately before the shake.

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*Godfrey's Cordial.*

R. Opium,	$\frac{1}{2}$ oz.
Oil of sassafras,	1 dr.
Spirits of wine,	2 oz.

Dissolve the opium and oil in the wine, and then take molasses, 4 pounds; boiling water, one gallon. Mix, and when cool mix both solutions, and bottle it for use. Dose, a tea-spoonful.

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*Eye Salve.*

Take of Lapis Caliminaris, two parts (in bulk) kircuma three parts, and white vitriol one part, pulverize finely, and sift through a piece of cambric linen or muslin. Then mix it with as much fresh and unsalted butter, as to form a salve about the color of Scotch snuff, say, the bulk of a common sized hen's egg, to a tea spoonful of the powder.

It is to be applied to the eyes on going to bed, and on waking up in the morning, in small quantities, just so as to smart the eyes, and should be applied along the edges of the eyelids. Half the size of a pea is sufficient for one application to both eyes.

For the above I am indebted to my friend Wm. B. Hubbard, esq. who states that he has kept it for many years for family use, and never applied it



without effect. He also states that it was extensively used during a season of sore eyes, and universally with success.

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### *Rheumatism.*

Take sarsaparilla root, 4 ounces; walnut shells, 4 ounces; Rattle snake root, one handful; prickly ash bark, two ounces; spirits, three pints. Digest by the fire for several days, shaking it frequently. Dose, a wine glassful twice a day, bathing the part affected with the tincture of myrrh as often. Wear flannel round the part affected.

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### *Basilicon Ointment.*

Take rosin, one pound; beeswax, one pound; hog's lard, one half pound. Melt them together by a slow fire, and strain the mixture while hot.— This ointment thinned by being mixed with the oil of turpentine, spread on a rag and applied to a scald or burn, occasions great relief from pain, and hastens the formation of new parts. It should not, however, be applied to the sound skin. Without the turpentine it is an excellent application to fresh wounds.

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### *To prevent Toothach,*

And to preserve the teeth and breath perfectly sound and sweet, make a strong ooze of white ash root bark, dip a tooth brush into it, and then into charcoal tooth powder, prepared in the following manner:

Put lumps of charcoal a second time into the fire until they are red hot; then take them out, and as soon as they become cool blow off the external ashes, and immediately reduce them to a fine powder, which must be kept in a corked bottle. This should be done every morning. Wash the teeth after eating, with the ooze.

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### *Injections for Venereal Disease.*

Take white vitriol, ten grains; soft water, five ounces. Mix for use.

*Another.* Take white vitriol, 20 grains; sugar of lead, 20 grains; water, one half pint. Mix, and after standing 15 or 20 minutes strain. An ordinary syringe full to be thrown up the urethra six or eight times a day.

*Another.* Take tincture of opium, forty drops; water, four ounces. To be used as the above.

### *Mercurial Pills.*

Take of calomel, one drachm; opium, ten grains, tartar-emetic, ten grains; bread crumbs, a small quantity; syrup or mucilage of gum Arabic sufficient to form a mass. Divide into forty pills; one to be taken night and morning by adults.

### *Genuine Syrup for Coughs, Spitting of Blood, &c.*

This excellent remedy cannot be made too public. It is thus prepared: Take six ounces of cumfrey root, and twelve handfuls of plantain leaves; cut and beat them well; strain out the juice; and, with an equal weight of sugar boil it to a syrup.

Dose. three table-spoonfuls a-day.

### *Fine Marmalade for a Cough or Cold.*

Stone six ounces of the best Malaga raisins, and beat them to a very fine paste with the same quantity of sugar-candy; then add half an ounce of conserve of roses, twenty-five drops of oil of vitriol, and twenty drops of oil of sulphur. Mix the whole well together, and take about the size of a nutmeg night and morning. A less quantity will suffice for children according to their age.

### *Emulsion for a Cough, Cold or Hoarseness.*

Mix half a pint of hysop water, half an ounce of oil of almonds, two ounces of powdered loaf sugar, and a tea-spoonful of hartshorn. Take a table spoonful every night and morning. If there be any soreness of the breast or throat, add two tea spoonfuls of Friar's balsam, or Turlington's drops.

*Cancers.*

Make a wash of a solution of sugar of lead. Take the inside bark of the black haw root, and roast it in a skillet like coffee; then pulverize it fine, and sprinkle it on the sore.

*Another.* Take as much black ash bark, as a man can carry on his back, take off the ross, and burn the rest to ashes on a flat stone; put the ashes in a kettle of water, adding a piece of unslacked lime, about as large as a man's fist, boil and skim it, then settle it; when very clear boil it down to a half pint, add one eighth of an ounce of corrosive sublimate. These drops are to be applied until they penetrate deep enough to kill the roots.

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*Clover Plaster.*

Take red clover heads, and fill a brass kettle, and boil them for about an hour, strain it and fill it again with fresh heads, boil as before, press out the juice, and boil it over a slow fire, until it is about the consistence of tar. The above preparation is an excellent remedy for sore mouth, sore eyes, corns, and old sores, by being prepared as follows:

*For Sore Eyes.*

Take of the above, and dissolve it in spring water to a proper thickness, add one fourth the quantity of cogniac brandy, and wash the eyes two or three times a-day.

*For Corns.*

Take half a gill of the preparation, and add to it a large tea-spoonful of the seed of the lobelia, pulverized, and the same quantity of West India cayenne; mix, and it is fit for use. Prepared in this manner it is also preferable in cases of cancer and old sores.

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*For a Cancer that is broke.*

Take red oak bark, burn it to ashes, then make a strong lie of it, boil it down till it gets thick; put

this on several times a-day, until it comes out by the roots, then heal it with a healing salve.

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*Another Remedy for Cancers.*

Take of the best nitric acid, add blue vitriol, corrosive sublimate, and sal ammoniac, as much as the acid will dissolve. The above is to be poured on the cancer, having previously placed a piece of beeswax or a tube round it, to keep it from the sound flesh.

*Another.* Take a black ash log, and lay it on the fire, and when the sap begins to run out of the ends, catch it in a plate; rub this on the cancer till cured.

*Another.* Take one spoonful of honey, twelve spoonfuls of cream, and as much flour as will make a paste.

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*A Recipe for Pills.*

R. Jalap,	1 oz.
Calomel,	1 oz.
Aloes, soc.	1 oz.
Gamboge,	1 oz.

Common syrup sufficient to form a mass, and make into two hundred and fifty pills. Take two of the pills in the evening, and one the next morning. They are an excellent medicine to carry off the bile, and cleanse the stomach. They are also recommended in diseases of the liver.

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*Pills:*

Take quaking asp bark, bugle, and thoroughwort, of each equal parts, and half as much wormwood; pour boiling-water on them, boil them until the strength is out, then strain off the tea and boil it down to nearly the thickness of molasses; to one pint thus boiled down add one gill of molasses, eight ounces of rhubarb, one ounce of ginger, one ounce of slippery elm bark, and one ounce of goldenseal, or bitter root, all finely powdered. From five to

nine of these pills may be taken in the morning before breakfast. They operate in a mild manner from eight to twenty four hours after they are taken, and are an excellent medicine to keep the bowels in a regular state.

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#### *Sick Headach.*

Mix a table-spoonful of ginger, and a lump of loaf sugar, in a tumbler about two thirds full of warm water, and drink it. Bathe the feet for a quarter of an hour in warm water, and apply a cloth wrung out of cold water to the forehead or temples, whichever may appear the most affected.

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#### *For the Liver complaint.*

Take Indian turnip, elecampene, and cumfrey, of each equal parts, say the size of a walnut, and add horseradish, sarsaparilla, hoarhound, and garden-benedic, of each one handful; \* put the whole into a quart of good old rye whiskey, or spirits. Take a wine glassful, three times a-day.

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#### *Venereal Disease.*

Take sweet spirits of nitre, spirits of turpentine, oil of juniper, and balsam copaiva, of each equal parts; mix them together and take two tea-spoonfuls three times a-day, till cured.

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#### *Croup.*

Take Seneca snakeroot, and ground ivy, of each equal parts; pour boiling water on it, and make a strong tea. It is said to be an infallible remedy.

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#### *Sore Throat.*

Mix a wine glassful of good calcined magnesia and honey, to the consistence of paste; take a tea-spoonful once an hour, for a day or two. It is cooling, healing, and a gentle cathartic.

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\* By a handful is understood, as much as can be held between the fore finger and thumb, cut off above and below the hand.

*Bitters.*

R. Quaking asp bark,	4 oz.
Goldenseal, (kircuma,)	4 oz.
Bayberry bark.	6 oz.
Prickly ash bark,	1 oz.
Cloves,	2 oz.
Cayenne,	1 oz.
Indian hemp,	1 oz.
Valerian,	3 oz.

Loaf sugar equal to the whole, all pulverized and well mixed. Take half a tea-spoonful twice a-day in water.

These bitters are an excellent medicine to regulate the stomach, and to restore the digestive powers; and are also an excellent tonic, to restore the strength of persons recovering from sickness.

*Jaundice.*

Take four pacoon roots, dried and pulverized, put the powder in a gill of spirits, let it stand twelve hours, then take a tea-spoonful in a little water, for six mornings in succession.

*Pain in the Breast.*

Take lovage roots and spikenard roots equal parts of each, put them in spirits; take a table spoonful three times a-day till well.

*Cough.*

Take hoarhound pulverized, four ounces, lobelia one ounce, cayenne one ounce, skunk cabbage root, bayberry root, Indian turnip root, valerian root, of each one ounce, and thoroughwort one ounce, all finely powdered and well mixed together. Take half a tea-spoonful twice a-day in honey or molasses.

*Syrup for the Dysentery.*

Take quaking asp bark, bayberry bark, and myrrh, of each one pound; loaf sugar, seven lbs.



spring water three gallons, cogniac brandy one gallon; put the whole into a kettle, and let them boil about half an hour; strain off the liquor when cool, and put it into bottles, to be kept tightly corked. Take a wine glassful, three or four times a-day. For children half the quantity.

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### *Vegetable Bitters.*

To make one bottle, take quaking asp bark, and the leaves and flowers of thoroughwort, of each equal parts; add about one fourth as much wormwood; put them into an earthen vessel, and pour boiling water on them; boil awhile to get the strength out, pour it into a bowl, and add one tea-spoonful of cayenne; stir it well, and add, when cool, one gill of brandy or gin; put all into a bottle, shake it a few times and it is fit for use. These bitters are good for the jaundice, loss of appetite, indigestion, pain in the stomach and bowels, costiveness, and other obstructions peculiar to females. &c. Take a wine glassful before breakfast, one at noon, and one in the evening. It is a safe medicine in all conditions for male or female.

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### *For Obstruction of the Menses.*

Two tea-spoonfuls of valerian, and two of bitter root, (American ipecac,) powdered, may be added to a bottle of the above preparation. Shake the bottle well, and then take a wine glassful two or three times a-day.

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### *Emetic for Children.*

For very young children, make a tea of pennyroyal, and fill a tea-cup two thirds full, sweeten it, and then put a tea-spoonful of lobelia into a thin cloth, dip it in the tea and squeeze it, to get the strength into the tea. Give about one third of it, and in an interval of about ten or fifteen minutes between each dose, give the other two thirds. If this does not relieve, prepare another dose, and give it

as before. For children from six months, to five or six years old, make a tea of pennyroyal, fill a tea-cup half full, sweeten it, and put a large tea-spoonful of lobelia into it; stir it well; give the child one third of it, as above, and if this does not operate sufficient to relieve, give half as much more; and be particular to give the child drink whenever it wants it, either cider, tea, or water.

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*Salve for Burns.*

Take Seneca oil, flax seed oil, of each equal parts; add a small piece of beeswax, and thicken it with white lead. The above is also good for sores, cuts, &c.

*Another.* Take five pounds of lard, one pound of beeswax, one pound of rosin, and flax-seed oil sufficient to make it of a proper consistence. Spread it upon a linen rag, and dress the sore once a-day.

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*Frost Bite.*

When it is inconvenient to immerse the part immediately in fresh spring water, make a weak lie poultice, and apply it to the part as soon as possible. It will be found to be an excellent remedy to prevent or stop a mortification; or fresh cow dung, if it can be procured, will be preferable.

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*Cordials.*

1. If a person is troubled with a looseness of the bowels, make a strong tea of red raspberry leaves, add to one quart of the tea, two ounces of peach-meats, pounded, half an ounce of myrrh, powdered, four ounces of loaf sugar, and one gill of cogniac brandy. Bottle it, and it is fit for use. Take a wine glassful two or three times a-day.

2d. If a cordial is needed to relieve costiveness, make a strong tea of quaking asp bark, and thoroughwort, equal parts of each, to which add five ounces of loaf sugar and one gill of gin. When the stomach is cold, add to each bottle, two tea-spoonfuls of American cayenne.

3d. In cases where the appetite is small, and the digestion bad, make a strong tea of black birch bark. To one quart, add two ounces of peach-meats, pounded, one tea-spoonful of American cayenne, four ounces of loaf sugar, and one gill of cogniac brandy. Take three wine glassfuls in a day. Shake the bottle well before you pour it out.

4th. To relieve the bowels of cold, &c. take yellow dock root, dandelion root, and the leaves of lovage, of each equal parts, add half as much saffron; boil them together and strain off the tea. To each bottle add five ounces of loaf sugar, and one gill of gin. Take a wine glassful three times a-day. There are scarcely any complaints where one or the other of these cordials may not be used to advantage. Where peach-meats cannot be obtained, the meats of cherry stones, or bitter almonds, may be used, adding two ounces to each bottle.

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#### *Cholera Morbus.*

First take a dose of castor oil, and in two hours afterwards take one nutmeg, one nutgall, and double the quantity of starch; pulverize all together, divide it into three doses, boil each dose in milk sweetened with loaf sugar, and take them at intervals of thirty minutes. If this does not stop it repeat the doses.

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#### *Cough Elixir.*

Take of liquorice, two ounces, rock candy, two ounces, boiling water, one pint, paregoric, two ounces, gum Arabic, one ounce. Take two table-spoonfuls three or four times a day.

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#### *Inward Weakness and Spitting of Blood.*

Take of columbo root, one half ounce, gentian, one half ounce, chamomile flowers, two drachms, orange peel, two drachms, cinnamon, two drachms, cloves, two drachms, wild cucumber, two pods. The whole to be powdered and put into a quart of

port wine. A small wine glassful to be taken two or three times a-day.

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*Old Sores.*

Take one pint of sweet oil, one fourth of a pound of red lead, half an ounce of shaving soap, half a pound of beeswax, and one ounce of camphor. Put the oil into a new earthen vessel, heat it on the fire, and add the other articles, boil it for an hour and a half, stir it well while boiling, then put it by for use.

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*Fresh Wounds.*

Take the size of a hen's egg of rosin, the size of a hickory nut of beeswax, sheep's tallow equal to both; melt them together, and add one fourth of an ounce of red lead, and one ounce of sweet oil; stir until it becomes thick as honey.

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*A Balsam,*

*To take Cold and Inflammation out of a Sore.*

Take a quart of rye whiskey, one ounce of alum, one ounce of camphor, half an ounce of opium, and a quantity of white lily or mullen flowers; put the whole into a bottle, and saturate it in the sun for one month, shaking it every day, when it will be fit for use.

Before using the two foregoing salves, the sore may be bathed with this balsam, and also all sores that are not broken.

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*Drops.*

Take half a pint of rye whiskey, one and a half ounces of opium, and anise seed powdered half an ounce; put the whole together into a bottle, let it stand for several days, shaking it several times a-day, when it will be fit for use. These drops are calculated to relieve pains that are caused by cold in wounds, pains in the bowels and stomach, or to remove inflammation where there is a broken bone. To use this preparation, take spikenard, sassafras, and ground ivy, of each equal parts, make a tea.

and take a table spoonful of it, and add a tea-spoonful of the drops, for an adult, and four or five drops for a child of a year old. After taking the medicine the patient should cover up warm in bed, and drink occasionally of the tea, until it produces a sweat, which being done sufficiently, let him cool off gradually, and not eat or drink any thing cold for several hours.

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*To stop a Mortification.*

R. Flowers of sulphur,	2 oz.
Alum,	4 oz.
Gun powder,	4 oz.

Pulverize the whole together; take a tea-spoonful of the powder and put it in vinegar; stir them together, and apply it to the sore: repeat it every two hours until the mortification is stopped, and take of the powder inwardly several times a day. If the patient cannot take it in vinegar, it may be taken in sweet cream.

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*To Purify the Blood.*

Take three pints of good rye whiskey, four ounces of jalap, one ounce of coriander-seed, two handfuls of elecampane root, and three fourths of an ounce of gum guaiacum; put the whole into a bottle, saturate in the sun for seven days, then add three gills of molasses; strain it through a linen cloth, and it will be fit for use. For a dose, take a table spoonful three times a-day.

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*To relieve Afterpains.*

Take an ounce phial of golden tincture, and half as much laudanum, mix the two together. For a dose, take from twelve to fifteen drops on sugar, or in tea. They will also relieve false pains before birth.

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*Demulcent Drinks,*

Are those which smother the acrimony of the hu-

mors, and render them mild: such as flax seed tea, mucilage of quince seeds, pith of sassafras, slippery elm, marsh-mallow tea, and gum Arabic. A solution of gum Arabic is made by boiling one ounce of picked gum Arabic, in little more than a quart of water, until it be dissolved. All these are useful to sheath and defend very sensible parts from the irritation of acrid humors, as is the case in a tickling cough, and common lax, or bloody flux, heat of urine, &c. in all which, the natural mucus is defective.

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*Dyspepsia, Pills for.*

R.	Extract of Peruvian bark, and	
	Extract of gentian, each	1 dr:
	Sulphat of iron,	$\frac{1}{2}$ dr.
	Myrrh, pulv.	1 dr.
	Oil of caraway,	10 drops,

Syrup of ginger sufficient to form a mass; make into pills; for a dose take three twice a-day, and work them off with the following powders:

R.	Soda,	$5\frac{1}{2}$ drachms,
	Rhubarb,	$2\frac{1}{2}$ scruples,
	Liquorice root, pulv.	$1\frac{1}{2}$ scruples,
	Ginger,	25 grains.

Mix and divide into twelve doses.

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*Another Remedy for the Dyspepsia.*

Take one quart of good whiskey, to which add two ounces of coperas finely powdered. Take a table spoonful of this preparation three times a day. The above has proved of infinite service to dyspeptic persons.

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*For Sore Mouth in Children.*

Take of cohush root and kircuma root, of each equal parts; to which add a small quantity of the clover plaster, and a little water. Wash the mouth with it occasionally.

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*Tooth-ach.*

Take alum reduced to a very fine powder, two



drachms; nitrous spirit of æther seven drachms; mix, and apply them to the tooth.

The above, a remedy prescribed by Dr. Blake, may be worthy of a trial, as, unlike many of the nostrums of the present day it can do no harm, and is said to have cured some of the most desperate cases.

*Another.* Take beach drops, pound or mash them and put them into a little French brandy or alcohol, dip a bit of cotton or lint into the tincture, and put it into the hollow of the tooth. It is said to give immediate relief.

By taking equal parts of the above tinctures, and mixing them together, it will be rendered more efficacious than one alone.

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*Dysentery or Colic.*

Take of the inner bark of white oak one ounce, of knot-grass, one gill of whortle berries, and a little pennyroyal, put them into a quart of brandy and digest for three days, after which take a teaspoonful three times a day, till cured.

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*An Oil for Wounds.*

Take white lilies and red rose leaves, of each a handful, Peruvian balm tree buds, one gill, brandy one pint, and camphor one ounce. Digest for three days, and then take a pint of the liquor and mix with it half a gill of the oil of juniper, half an ounce of the oil of spike, a table spoonful of brown sugar, and half an ounce of oil of stone. Digest again for three days, shaking it every day when it will be fit for use.

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*Rupture.*

Take spleenwort root, white Solomon's seal root, and strawberry root of each a handful, pound, and boil them for two hours in two quarts of good wine in a close stopped vessel, strain it and take a glass every morning, and an hour afterwards repeat the dose. It commonly cures in about two weeks.

*Tape Worm.*

Make a syrup of skunk cabbage and take a tea-spoonful at bed-time, and one or two in the morning. The syrup is made by sprinkling the green leaves with strong vinegar, pound them fine, squeeze out the juice and strain it; then add half an ounce of powdered fern root, and sweeten it with sugar. After taking this dose for three or four days, take a dose of physic.

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*Inward Wounds.*

Make a strong tea of yarrow, and drink a tea-cupful four times a day.

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*Wounded Tendons.*

Boil comfrey roots to a thick mucilage or jelly, and apply it as a poultice, changing it every twenty-four hours.

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*Croup.*

Take an ounce vial and fill it three parts full of the tincture of lobelia, and fill it up with the tincture of myrrh, shake well together. Dose from one half to a tea-spoonful every ten or fifteen minutes until it pukes.

This is also an excellent medicine to drive out the measles where they have suddenly disappeared.

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*Strengthening Plaster.*

Take a quantity of burdock and mullein leaves, bruise, and put them in a kettle with a sufficient quantity of water, and boil them well; strain off the liquor, pressing the leaves, and boil it down till about half as thick as molasses; then add to it three parts of rosin and one of turpentine, simmer them well together, until the water is evaporated; pour it off into cold water, and work it like shoemaker's wax; if it be too hard put in more turpentine, and it will be fit for use. When applied it should

be spread on soft leather. It is good to strengthen weakness in the back, limbs, &c.

*Tincture of Boneset.*

R. Boneset powdered, 1 oz.  
Cloves, do 1 dr.  
Port wine, 1 quart.

Digest for ten days, strain and bottle it for use.—  
Dose, one table-spoonful. It is an excellent tonic.

*Syrup of Boneset.*

Steep an ounce of boneset in a pint of hot water for thirty minutes, strain the liquor, and add to it half a pound of honey, one drachm of the essence of spruce, one ounce of the elixir paregoric, and half a pint of French brandy.

This will be found a valuable remedy in cases of common colds and catarrhs. The dose for an adult is a table-spoonful every two hours, if it pukes the dose may be divided and given every hour.

*Syrup of Lemons.*

R. Lemon juice, 3 oz.  
Loaf sugar, 5 oz.

Mix. This pleasant mixture is used to sweeten and acidulate mixtures; and is a good vehicle to take medicine in that is disagreeable to the taste. It is an agreeable and cooling febrifuge when added to water as a drink for persons labouring under fevers.

*Seneca Snake-root Syrup.*

R. Seneca Snake-root,  $\frac{1}{2}$  oz.  
Ground ivy,  $\frac{1}{2}$  oz.  
Water, 1 pint.

Boil to half a pint, strain, and add two table-spoonfuls of honey. This is a valuable expectorant.

*Hoarhound Syrup.*

R. Hoarhound leaves dried, 1 oz.  
Lobelia,  $\frac{3}{4}$  oz.  
Boiling water, 1 pint.

Infuse for 30 minutes, strain, and add two table-spoonfuls of honey, and two tea spoonfuls of essence of lemon. This is recommended in hoarseness, asthma, complaints of the breast, lungs, &c. It promotes the fluid secretions in general, and if used very liberally will loosen the bowels. Dose for an adult, half table-spoonful every two hours. Linæus prescribed this remedy and cured a patient that was thrown into a salivation by the use of mercurials, when every other method that had before for one year been used had failed, or rather increased the disease. After using the above the patient got well in a short time.

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*Infusion of Senna and Manna.*

R. Senna leaves,	1 dr.
Manna, opt.	$\frac{1}{2}$ oz.
Preserved tamarinds,	$\frac{1}{2}$ oz.
Brown sugar,	2 dr.
Coriander seed, pulv.	1 scr.
Boiling water,	$\frac{1}{2}$ pint.

Keep it in a close vessel, in a hot place for four hours, occasionally stirring it, then strain the liquor. It is a mild and pleasant purgative. A table spoonful may be given to children two years old, every half hour till it operates freely.

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*Infusion of Senna and Cream tartar.*

Take of senna leaves, two drachms; raisins bruised, two ounces; bruised liquorice root, one fourth ounce; cream tart. two ounces; boiling water one pint. Macerate for two hours and strain.—This is a gentle and pleasant laxative for females in a state of pregnancy, or during their illness after lying in. The dose may be one wine glassful every hour till it operates.

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*Infusion of Rhubarb with Potass and Soda.*

Take of rhubarb pulverized, one half ounce, oil of cinnamon one half ounce; boiling water, .

half pint. Macerate in a close vessel for six hours, strain, and add sub. carbonate of soda, two drachms; sub. carbonate of potass one drachm. This is an excellent alkaline and gentle cathartic, and a valuable remedy to remove acidity from the stomach.

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*Tincture of Rhubarb.*

Take of rhubarb pulverized, two ounces; liquorice, and anise seed, each one ounce; sub. carbonate of soda, one half ounce; sugar one ounce; diluted alcohol, two ounces. Digest for seven days, strain, and bottle it for use. It is an excellent stomachic and purgative, in cases of indigestion, laxity of the intestines, &c.

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*Compound Tincture of Myrrh and Lobelia seeds.*

Reduce half an ounce of the seeds of the lobelia inflata to a fine powder, add to it the same quantity of cayenne pepper, a tea-spoonful of powdered valerian root, and about a gill and a half of the tincture of myrrh, keep it close stopped in a bottle for use. Shake it well before using.

This is an excellent preparation for the most violent attacks of lockjaw, fits, spasms, bite of a mad dog, and in all cases of suspended animation, &c.

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*Head-ache.*

Take castor or physic bean leaves, green or dried, steep them in hot vinegar and bind them on the forehead.

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*Ague.*

Take a handful of rue, put it into a pint of strong vinegar, stew it down one half and drink it just as the shake is coming on. If necessary repeat the dose.

## HERBS.—DESCRIPTIONS OF.

Life's lowest, but far greatest sphere I sing,  
 Of all things that adorn the gaudy Spring;  
 Such as in deserts live, whom, unconfined,  
 None but the simple laws of Nature bind;  
 And those who, growing tame by human care,  
 The well-bred citizens of gardens are;  
 Those that aspire to Sol their sire's bright face,  
 Or stoop into their mother Earth's embrace;  
 Such as drink streams, or wells, or those dry fed,  
 Who have Jove only for their Ganymede;  
 And all that Solomon's lost work of old  
 (Ah! fatal loss!) so wisely did unfold.  
 Though I the oak's vivacious age should live,  
 I ne'er to all their names in verse could give.

Cowley.

There is scarcely a plant that *greens* the fields, a flower that *gems* the pasture, a shrub that *tusts* the garden, or a tree that *shades* the earth, which does not contain certain medicinal virtues, to remove pains and heal diseases.

The American continent, though the last found, is not the least favored in this respect. Embracing almost every clime and soil of the globe, it richly abounds with drugs of every healing quality.

The common saying, that every *country* contains the best cures for its own diseases, seems fully verified in America. Here, above all countries, is the ague, and here, exclusively, is the grand cure, the Peruvian bark tree, or dogwood. And here too, exclusively, is found the tobacco, the Jamestown weed, the lobelia, the pink and snakeroots, besides those other valuable plants, equal to the ipecacuanha, rhubarb, jalap, &c. which have hitherto been imported at a great expense, though not always genuine, but which may now be obtained in our own fields and woods, both unadulterated and cheap.

Worthy of the high character of Americans, man-



ny gentlemen of the finest genius among us, have explored the medical treasures of our country, and have shown an eagerness to make known the precious means to preserve the health and lives of our citizens. First on the list of this noble band of philanthropists stood that bright literary and professional genius, the late professor Barton, from whose "*Collections towards a Materia Medica of the United States*," much valuable matter has been selected.

Professor Chapman, succeeding the lamented Barton, as teacher of *Materia Medica*, gave additional interest to the studies connected with his department, and by the application of his powerful talents, to the acquisition of appropriate learning and discovery, has made a handsome accession to the stock of knowledge before extant.

Much is due also to professors Dexter, Mitchell, Hosack, Cox, Baker, and to doctors Mease, Culter, Thomson, &c.

From the valuable discoveries of these gentlemen I have compiled a *Materia Medica*, exhibiting the names, characters, and qualities, of our best medicinal plants hitherto discovered, together with the disease they suit, and their proper doses, and forms of administration; the whole stripped of technical terms, and making a complete system for family use.

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Barberry—*Berberis Vulgaris*,

Grows along the sides of roads in hedges;—leaves oblong, tender, and subject to the rust; the flowers are in clusters; the fruit oblong and acid, the stem is defended by three thorns.

A double handful of the berries boiled in three quarts of water to two, and given in doses of a tea-cupful four or five times a-day, sweetened with white sugar, is extolled as a remedy in diarrhœa, dysentery and jaundice.

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Bayberry—*Myrica Cerifera Humilis*,

Called also dwarf candleberry myrtle, grows in

swamps, to the height of two or three feet, and bears numerous green berries, of which tallow is made.

The bark of the root has been considered a good remedy for the jaundice. The powder of it in doses of twenty or thirty grains, has been employed as a mild emetic. The inner bark, in poultice, applied morning and evening to scrofulous swellings, and drinking a tea spoonful of a strong infusion of the leaves, is said to have performed surprising cures in a few weeks.

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Blood Root—*Sanguinaria Canadensis*,

Has a variety of names; as red root, paeon, Indian paint, turmeric, &c. It grows about a foot high in rich woodlands, and flowers in April. The leaves are roundish and deeply indented; somewhat like the white oak leaves—stems naked, supporting single flowers; blossoms white. When the fresh root, which is about the size of the little finger, and blood red, is broken, a juice issues in large drops resembling blood.

According to Dr. Downie, the root in powder, from twenty to thirty grains, is strongly emetic. Professor Barton considers it nearly equal to the Seneca or rattle snake root, in cases of ulcerous sore throat, croup and hives, and other similar affections.

A tincture may be prepared by steeping a handful of the root sliced in half a pint of spirits. It may also be exhibited in the form of decoction, a handful to a quart of boiling water, and a table spoonful for a dose every two or three hours. The juice of the root is said to be good for destroying warts. Dried and pulverized, and snuffed up the nose, it is a certain cure for the *polypus*. Given in large and repeated doses, it has been found of great use in the incipient stages of pulmonary consumption, and in cases of great irritation it was combined with opium. It is also stated that, given in

large doses, sufficient to produce vomiting, it often removes the croup, if administered in the first stages. Some physicians rely wholly on this remedy for the cure of the croup.

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**Burdock—*Arctium Lappa*,**

Grows on road sides, on rubbish and ditch banks, bearing purpleish blossoms in July and August.

The juice of the fresh leaves, or an infusion or decoction of the roots, operates gently on the bowels, sweetens the blood, promotes sweat and urine, and is highly recommended in scorbutic, rhumatic, and venereal disorders. The juice is given in doses of a wine glassful, and the decoction half a pint three times a day.

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**Indian Hemp,**

Grows in woods and on the borders of meadows, three feet high; the stalk is bare for a foot, then spring many branches, leaves numerous, flowers whitish, similar to buckwheat, which terminate in seed pods resembling a cucumber.

The bark of the root in the form of powder, in doses from twenty to thirty grains or half a teaspoonful, will generally operate as an emetic and cathartic. In doses of five or six grains, or a wine-glassful of the infusion, every two hours, it promotes perspiration. It has been found highly beneficial in rheumatisms, dropsies, and asthmatic complaints. A table spoonful of the infusion, half a handful of the bark to a pint of boiling water, given occasionally to children in the whooping cough, throws off the phlegm, and prevents straining.

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**Gentian—*Gentiana*,**

Grows on the sides of roads, two or three feet high. The stem is strong, smooth, and erect; the leaves, which rise from the lower part of the stem, are spear-shaped, large, ribbed, and rough; flowers yellow, in whorls, terminating in yellow bitter berries close to the stalk.

Its virtues are equal to the imported. It has long occupied the first place in all recipes for bitters, whether used to provoke the appetite, or give tone to the system. It may also be taken in the form of infusion, a small handful of the root to a quart of boiling water, in doses of a tea-cupful three or four times a-day. It is said to increase the appetite, prevent the acidification of the food, and to enable the stomach to bear, and digest articles of food, which before produced oppression and dejection of spirits. In the form of decoction it is used with decided advantage in pneumonia cases, where the fever is nervous, and it acts as a tonic and sudorific; a tincture of it is esteemed as a remedy in dyspepsia, given in doses of one fourth of an ounce.

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#### Featherfew—*Matricaria Vulgaris*.

It is frequently cultivated in gardens. A handful of the leaves and tops infused in a quart of water, and given in doses of a tea-cupful three or four times a-day, is used by country people to raise the spirits, and promote perspiration in colds and fevers. A handful of featherfew combined with a handful of centaury, and the same quantity of colush root, and formed into a tea, and given in doses of a tea-cupful every two hours, is found to produce the most salutary effects in cases of obstructed menstruation. The tea should not, however, be used longer than to produce the desired effect.

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#### Camomile—*Chamæmelum*,

Grows well in our gardens. An infusion, or tea, made of the flowers, is excellent to warm and strengthen the stomach in cases of indigestion, loss of appetite, and other complaints arising from debility. It is also of great use in doses of a tea-cupful three times a-day, as a preventive to the ague and fever, and bilious fever in sickly situations. In the form of fomentation and poultice, it is serviceable in discussing hard tumors.

Caraway—*Carum Carui*,

Is a choice aromatic; grows kindly in our gardens. The seeds assist digestion, strengthen the stomach, and are serviceable in flatulent colics. The dose of the seeds in powder, from one to two tea-spoonfuls to adults.

Masterwort—*Imperatoria*,

Grows in meadows and rich soils, two feet high; leaves, three together, saw-edged, and spear-shaped; flowers in June. The root of this plant is a warm and grateful medicine in flatulency, weakness of the stomach and bowels, and dropsical affections. It may be taken in the form of powder, decoction or tincture. One drachm, or a tea-spoonful of the powder in a glass of wine or spirits, and taken an hour before the fit, has frequently prevented the ague. The decoction or infusion is made of one handful of the herb in a quart of boiling water, and the dose a tea-cupful three times a day.

Lobelia, or Blue Cardinal flowers—*Lobelia Syphilitica*,

Grows abundantly in the middle and southern states, in moist grounds, and near springs, has an erect stock three or four feet high, blue flowers; a milky juice, and rank smell.

This plant is said to have been purchased from the northern Indians, by the late Sir Willam Johnston, as a remedy in the venereal disease; hence its specific name *syphilitica*. He doubts, however, its power to cure the pox; though from its diuretic quality, it certainly has been found useful in gonorrhœa or clap. The lobelia is generally administered in the form of a decoction, a handful of the leaves boiled slowly in three pints of water to a quart, of which a gill or more may be taken three times a day.

Indian Physic. Bowman's root, or American Ipecacuanha—*Spiræa Trifoliata*,

Grows about two or three feet high, in low woods and meadows. The root, which is the part made use of, is a safe and efficacious emetic, in the dose of thirty or forty grains in powder, for an adult.—In broken doses of five or six grains, every two hours, it is equally valuable as a sudorific. It may be also given in infusion, a handful to a pint of boiling water, of which a small tea cupful may be taken every fifteen or twenty minutes until it produces vomiting.

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Hyssop—*Hyssopus*,

Is cultivated in our gardens. An infusion of the leaves, sweetened with honey, or in the form of a syrup, is useful in humoral asthma, coughs, and other disorders of the breast and lungs accompanied with inflammatory symptoms.

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Ice Plant—*Meembryanthemum*,

Grows in the woods to the height of six inches, and becomes white in September; the stock and leaves are like frozen jelly, and when handled, dissolve as ice. The root pulverized, in doses of a half or tea spoonful in the morning, is said to be a good remedy for children troubled with fits; hence it is called by the country people *Fil root*. Adults may take it in much larger doses.

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Sarsaparilla—*Smilax Sarsaparilla*,

Grows in several parts of the United States, somewhat resembling ginseng, roots from one to three feet long, about as thick as a little finger.—The stocks slender and smooth, between one and two feet high.

A decoction of sarsaparilla, prepared by boiling a handful of the root in a quart of water, till the third part be evaporated, has long been employed as an auxiliary to mercury, in the treatment of ve-



venereal complaints. It promotes perspiration, attenuates viscid humors, relieves venereal head-ach, nocturnal pains, and disposes venereal ulcers to heal. In rheumatic affections, cutaneous disorders, and scrofula, it is a very useful medicine. It may also be exhibited in the form of powder in doses of two drachms, or extract in doses of one drachm, three or four times a day.

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Virginia, or Black Snake root—*Serpentaria Virginiana*,

Grows in rich woodlands, from seven to nine inches high, leaves heart-shaped, flowers of a purplish color. The root is composed of a number of strings or fibres, issuing from one head, and matted together, of a brownish color on the outside, and pale or yellowish within.

It has an aromatic smell, and a warm bitterish pungent taste. It promotes perspiration, raises the pulse, and resists putrefaction. Hence it is especially adapted to the low and advanced stage of typhus, or nervous fever. It may be given in the form of infusion or tea, a handful to a quart of boiling water, in doses of a tea-cupful, or in powder, from ten to thirty grains every two or three hours. Conjoined with the Peruvian bark, or any of its substitutes, it is an admirable remedy in obstinate cases of the ague and fever, and other disorders of general weakness. In cold phlegmatic habits, it has been exhibited in the form of tincture, and when united with double the quantity of dogwood berries, or bark, it affords a good bitter.

Externally applied, the decoction has been found to cure the itch.

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Thoroughwort—*Eupatorium Perfoliatum*,

Is also known by the following names, thorough-stem, crosswort, boneset, and Indian sage.

It grows in wet meadows, and other moist places. The stock is hairy, and rises from two to four

feet. The flowers are white and appear in July and August. The leaves at each joint are horizontal, saw-edged, and rough, from three to four inches long, and about one inch broad at the base, gradually lessening to a very acute point, of a dark green, and covered with hairs.

This plant possesses very active powers, and has been exhibited with uncommon advantage in intermittents, remittents, and other diseases of debility. The dried leaves in powder, in doses of twelve or fifteen grains, are said to operate gently on the bowels. Every part of this plant may be advantageously employed in practice. The flowers, as a tonic bitter, are deemed equal to the flowers of camomile, for which they might be substituted on many occasions.

A wine-glassful of the expressed juice of the green herb drank every hour, is celebrated as a certain cure for the bite of a rattlesnake. The bruised leaves should be applied to the part.

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Motherwort—*Leonurus Cardiaca*,

Grows in waste places, and flowers in July and August. The flowers are in thorny whorls, purplish within, and white on the outside; the leaves are opposite, two to each whorl; they have a strong disagreeable odour, and a bitter taste.

An infusion of this plant is a common domestic medicine for fainting, and disorders of the stomach. It is said to be peculiarly adapted to some constitutions affected with nervous and hysterical agitations; and that if taken at bed-time, procures refreshing sleep, when opium and laudanum had failed.

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Crow Foot—*Ranunculus Bulbosus*,

A very acrid plant, growing in meadows and fields. The leaves and roots bruised and applied to any part of the body will soon raise a blister, and ought to be used when the Spanish flies cannot be

obtained. The roots collected in the fall may be well preserved through the winter by burying them in some fine dry sand.

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Dandelion—*Leontodon Taraxacum*,

Vulgarly called piss-a-beds, grows in meadows, pastures, road sides, and ditch-banks, with yellow flowers, which bloom from April till September, and possess the remarkable quality of expanding in the morning and closing in the evening.

The root, leaves, and stalk, contain a large proportion of bitter milky juice, which, in doses of a wine-glassful two or three times a day, is good in chronic inflammations of the liver, dropsies, difficulty of making water, and other complaints arising from obstructions of the viscera. It may also be taken in the form of a strong decoction, from a gill to a half pint two or three times a day.

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Violet Rattle Snake,

Grows about four inches high, on the banks of rivers, and in pine woods; leaves grow in a cluster from the stock, oval shaped, fleshy, and full of small veins; flowers of a pale blue color.

An infusion of this plant, a handful to a quart of boiling water, taken in doses of a tea-cupful three or four times a day, and some of the green leaves bruised, and applied two or three times a day to scrofulous tumors, or king's evil, it is said to be an infallible remedy.

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Tansy--*Tanacetum Vulgare*.

This plant possesses a warm bitter taste, and may be used as a substitute for hops. An infusion of the leaves is recommended for a weak stomach, hysteric complaints, and obstructed menses.

The seeds taken in doses of from a scruple to a drachm, are said to be an excellent vermifuge, and that if animal substance be rubbed with the herb, it will be effectually preserved from the flesh fly.

Pleurisy Root—*Asclepias Decumbens*,

Has a variety of names, as butterfly wood, flux root, decumbent swallow root, &c. It is a beautiful plant, growing two or three feet high under fences, and upland pastures. The flowers are of a bright orange color, and appear in July and August. These are succeeded by long slender pods, containing the seeds, which have a delicate kind of silk attached to them. The root is spindle or carrot-shaped, of a light brownish color on the outside, and white within.

This plant possesses great medicinal virtues, and ought therefore to be cultivated in our gardens. It has long been employed as a remedy in the treatment of violent cold and pleurisies. No medicine is better calculated than this to produce general and plentiful perspiration without heating the body, and hence its well-merited fame in curing the disease, which name it bears. After the use of an emetic, and the loss of some blood, in the incipient stage of the pleurisy, as much of the root finely powdered as will lay upon the point of a case knife, is recommended to be given in a cup of warm water every two hours, until the patient recovers.

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Mountain Tea—*Gaultheria Procumbens*.

It spreads very extensively over the more barren mountainous parts of the United States.

A strong infusion of this plant, a large handful to a quart of boiling water, in doses of a tea-cupful three or four times a day, is esteemed useful in asthma, and for promoting the menstrual discharge.

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Horse Radish—*Cochlearia Armoracea*,

Grows on the sides of ditches and damp places but is cultivated in our gardens for culinary and medicinal purposes. It has long been known as a most powerful antiscorbutic, and when taken freely, it stimulates the nervous system, promotes urine and perspiration, and is thereby usefully employed in

palsy, dropsy, scurvy and chronic rheumatism. The root should be cut into small pieces, without bruising, and swallowed in the dose of a table-spoonful, without chewing, once or twice a-day, or it may be steeped in wine, and taken in doses of a small wine-glassful.

Whether externally or internally employed, horse radish proves a stimulant; hence it has been found serviceable by chewing it in palsy of the tongue, and applied to paralytic complaints to affected parts. The root, scraped, and applied in the form of poultice, to the feet, until some inflammation is produced, in low stages of fever, attended with delirium, has also produced good effects.

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**Emetic Weed or Indian Tobacco—*Lobelia Inflata*,**

Grows in dry fields, and rises to the height of two feet, with branched stems, flowering in July and August, with blown cups, filled with numerous small seeds. The blossoms are solitary, in a kind of spike of a pale blue color. The leaves are oblong, and have a very acrid and pungent taste, similar to that of tobacco.

The leaves collected in August, while the plant is in blossom, and carefully dried and preserved, act as a speedy and excellent emetic, in doses from ten to twenty grains; or it may be exhibited in the form of a saturated tincture, in doses from a tea to a table-spoonful.

As it is a medicine of considerable activity, it should be given in small quantities; and the dose repeated every ten or fifteen minutes, until it excites vomiting. From its speedy operation as an emetic, there is no doubt it would be an effectual remedy for the croup and whooping cough. In small doses it must be of great use in consumptive and other coughs, by exciting expectoration. It is, however, valued on account of its being a specific in that most distressing disease, the asthma.

By chewing a small portion of it, commonly not

more than one of the capsules. It proves a gentle emetic. If the quantity be a little increased, it operates as an emetic, and then as a cathartic, its effects being much the same of those of the common emetics and cathartics.

The active properties of the lobelia are readily extracted both by water and alcohol. The tincture, however, is most easily kept, and is the most convenient form for exhibition. The tincture is prepared by digesting eight ounces of the green plant in a pint of diluted alcohol. A tea-spoonful given to an adult will generally produce nausea and sometimes vomiting. In certain instances, however, much larger doses have been given, without producing any other effect than a flow of saliva.

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#### Elecampane—*Inula Helineum*,

Grows three or four feet high, in strong places, and by the road-side: flowers large and yellow, in July and August; and the root, when dry, has an agreeable aromatic smell; and in a decoction sweetened with honey, or in the form of syrup, or a tea-spoonful of the powdered root in molasses, is recommended for promoting expectoration in asthma and coughs. The fresh root in strong decoction or ointment, is said to cure the itch.

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#### Indian Turnip—*Aurum Triphyllum*,

Grows in meadows and swamps, six or eight inches high, purple stalks, leaves three in number, roundish, and berries of a bright scarlet color.

It is a very acrid plant. An ointment prepared by simmering the fresh root in hog's lard, and one eighth part of wax, is said to be a good application in the scald head. It is also said that the recent root boiled in milk, has been advantageously used in cases of consumption. It is also recommended in the asthma, and whooping cough, and in the form of conserve, made of a pound of the peeled root pounded finely in a mortar, with three pounds of



loaf sugar; dose, a tea-spoonful two or three times a-day.

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Prickly Ash—*Zanthoxylum*.

Both the bark and berry are of a hot acrid taste, and when chewed, powerfully promote spitting. It is used in this way to cure the toothach, as well as putting some in the hollow, also to cure the palsy of the tongue.

The prickly ash has a great deal of reputation in the United States as a remedy in chronic rheumatism. In that disease its operation seems analogous to that of mezereon and guaiacum, which it nearly resembles in its sensible properties. It is not only a popular remedy in the country, but many physicians place great reliance on its powers in rheumatic complaints, so that apothecaries generally give it a place in their shops. It is most frequently given in decoction, an ounce being boiled in a quart of water. It is found very effectual in relieving nocturnal pains, and disposing venereal ulcers to heal.

A tincture, prepared by steeping half a pint of the berries, or a handful of the bark, in a bottle of spirits, is much esteemed as a remedy in doses of a wine-glassful, in flatulent colic. It is sometimes employed in this form, in cold phlegmatic habits, afflicted with the rheumatism.

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Mugwort, or common Wormwood—*Artemisia*  
*Absinthium*,

Grows two or three feet high, on road-sides and among rubbish; leaves deeply divided, pointed; on the upper side of a deep green, and on the under, soft or downy, flowers small and purpleish.

An infusion, a handful of the tops to a quart of boiling water, in doses of a tea-cupful, or a tea-spoonful of the powdered leaves, three or four times a-day, is an admirable stomachic in weakness of the stomach, lowness of the spirits, and hysterical affection. Externally it is applied in the form of so-

mentation and poultice to resist putrefaction and relieve the pains of bruises, as well as prevent the swelling and discoloration of the part.

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Cobush, Poppoose, or Squaw Root—*Caulophyllum*  
*Thalictroides*,

Grows about two feet high, in low moist rich grounds near running streams, and on islands that have been overflowed. The leaves grow on small stalks near the top of the stem, which resemble the hand and fingers. The flowers are of a pale blue color, which yield a berry something like grapes. The root is composed of many fibres, and is crooked, resembling the rattle snake root.

An infusion of the root, a handful to a quart of boiling water, in doses of a tea cupful three or four times a day, or the same quantity steeped in a quart of spirits, in doses of a wine glassful two or three times a day, is highly extolled as a remedy for the rheumatism, and serviceable in cases of obstruction of the menses and dropsical complaints. A strong decoction of the root used as a gargle is said to be an excellent remedy for the putrid sore throat.

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Comfrey—*Consolida*,

Grows about two feet high in moist situations near springs, but is cultivated in our gardens. The leaves are large, similar to water-dock; flowers of a pale blue color; the roots long, rather thicker than a man's finger, mucilaginous, black externally, and white within.

A handful of the roots boiled in milk, and given in doses of a tea cupful three or four times a day, is a popular remedy for the dysentery, bowel complaints, and the fluor albus or whites. It is also beneficial as a diet-drink in the clap, or in other cases attended with a burning heat in making water.

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Wild Madder—*Rubia Tinctorum*,  
Is cultivated in Pennsylvania and South Carolina.

for dying a fine red color, but also possesses great medicinal powers.

It has been highly recommended in visceral obstructions, particularly of the uterus, in coagulations of the blood induced either by falls or bruises, in dropsical complaints, and especially in the rickets. It may be given in powder from five to fifteen grains to children, and from a half to a whole drachm three or four times a-day to adults. When taken internally, it possesses the remarkable quality of tinging the urine of a red color, and produces similar effects on the bones of animals, when eaten with their food.

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Ginseng--*Panax Quinquefolium*.

This plant is thinly scattered throughout the mountainous regions of the northern, middle, and western states, between the 38th and 47th degree of north latitude. It inhabits rich, shady woods, the declivities of mountains, and the banks of torrents. The stem is smooth, round, and green, regularly divided at the top into three branches, with a flower stock in the centre. It flowers in July, and has red berries. The root consists of one or more fleshy, oblong portions, of a whitish color, transversely wrinkled.

This plant is precisely the same with the Asiatic, the roots of which are so highly valued in China. The Chinese consider the ginseng as possessing unequalled medical powers, and their physicians have written many volumes upon the qualities of the plant. It is made an ingredient in almost all remedies which they give the nobility, its price being too expensive for the common people. The sick take it to recover health, and the healthy to make themselves stronger and more vigorous. They affirm that it removes all fatigue, either of body or mind, dissolves humours, cures pulmonary diseases, strengthens the stomach, increases the vital spirits, and prolongs life to old age. Its price at Peking,

according to travellers, has been eight or nine times its weight in silver, and even more.

The Chinese most readily purchase the forked or branching roots; and those exporters have been most successful who have prepared their ginseng by clarifying it after the Chinese manner. They dip it in scalding water, and scour it with a brush. The roots are then prepared with the fumes of a species of millet, to give them a yellow color. The millet is put in a vessel with a little water, and boiled over a gentle fire. The roots are placed over the vessel upon transverse pieces of wood, being first covered with a linen cloth or another vessel.—When treated in this way, they assume, upon drying, a horny or semi-transparent appearance.

As far as ginseng has been tried in this country, or in Europe, its virtues do not appear, by any means, to justify the high estimate of it by the Chinese. That it is not a very active substance, is proved by the fact, that a whole root may be eaten without inconvenience. Its place in the *Materia Medica* is among the demulcents.

Ginseng is principally used as a cordial; many persons chewing it or taking it steeped in wine or spirits, in doses of a wine-glassful twice a-day. As a masticatory, ginseng is innocent and refreshing. It forms an excellent substitute for tobacco. It has been recommended to those whose constitutions have been injured by the immoderate use of tobacco, and has been found to have produced the most beneficial consequences. It is necessary, however, that the saliva should be swallowed.

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#### Frostwort—*Systis Canadensis*,

Grows in woods, about two feet high; leaves small and numerous, of a whitish color, like frost; the stalks purple; flowers of a pale color, producing a small pod with very small seeds.

It is said, in cases of scrofula or king's evil, an infusion of the leaves, a handful to a quart of boiling

water, in doses of a tea-cupful three times a-day, and the leaves in the form of poultice, applied to the swelling twice a-day, has performed cures.

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Male Fern—*Polypodium*,

Called also sweet fern, male polypody, &c. It grows in woods and stony places, flowering from June to October.

The root when chewed, is somewhat mucilaginous and sweet, and afterwards astringent and bitter.

Sweet fern in powder, in doses from one to two tea-spoonfuls, or a decoction, a pint a-day, followed on the fifth day with a dose of castor oil, or some purgative medicine, is esteemed a powerful medicine against worms, and particularly the tape worm.

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Dill—*Anethum Groveolens*,

Flourishes in our gardens, producing seed delightfully aromatic, which, in doses of one or two tea-spoonfuls, is excellent for flatulent colics, and to assist digestion.

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Devil's Bit—*Veratrum Luteum*.

The root of this plant is a very pungent bitter, and is employed as a tonic, either in the form of tincture or infusion. In this last form it has been employed as a vermifuge.

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American Columbo—*Columba Americana*,

Grows plentifully in the western country, in the vicinity of the Ohio river, and from abundant experiments, is found equal to the imported. It has long been esteemed a powerful antiseptic and tonic, and as such, has been employed with manifest advantage in gangrene, cholera morbus, bilious fever, indigestion, want of appetite, bilious vomiting, or purging, &c. It may be given in powder, in doses of a small tea-spoonful every three or four hours,

or in decoction in doses of a tea cupful. Two or three ounces of the root steeped in a quart of spirit, form an excellent bitter, which, when taken in mint-water, or infusion of orange peel, in doses of a table spoonful, is excellent for moderating the retching in pregnant women.

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Cinquefoil—*Potentilla Reptans*,

Grows on pasture grounds, and is something similar to strawberry. The stalks trail along the ground, and have but five leaves on each stalk, placed together of an unequal size, and bear a yellow flower.

The whole of the plant, particularly the root, in the form of decoction, a handful to a quart of water, or milk, boiled slowly, and sweetened with loaf sugar, is recommended as a remedy for the dysentery and bowel complaints. The dose for adults is a tea-cupful three or four times a-day, and one third or half the quantity for children.

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The Greater Celandine—*Chelidonium Major*,

Grows about two feet high, in meadows and running brooks, has many stalks, with larger joints than is common in other plants, very easily broken; the leaves large and saw-edged, the flowers, consisting of four leaves, are yellow; after which come long pods enclosing black seeds; the root long, reddish externally, and yellow within and full of yellow juice.

Twenty or thirty drops of the juice, or half a tea-spoonful of the dried root in powder, in a cup of new milk, morning and night, is said to be beneficial in dropsy, green sickness, and cutaneous eruptions. The juice rubbed on warts, ring and tetters, worms, effectually destroys them. A poultice made of this plant boiled in milk, or the roots roasted, and mashed in vinegar, is extolled by some as an excellent application to disperse scrofulous tumors of the neck.



Centaury—*Centaureum Minor*,

Is a fine stomachic bitter, and either in a simple infusion, or united with calimus or angelica root, is excellent in relaxation of the stomach and general debility.

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Sweet Flag or Calimus—*Acorus Calimus*,

Grows in marshy situations, and in shallow water, and may be known by the long sword-shaped leaves, resembling those of the blue and yellow flags, but narrower, and of a brighter green. The root is like that of the blue flags in appearance, but has a strong aromatic smell, and a warm pungent taste. The flavor is greatly improved by drying.

The root possesses stomach virtues, and is frequently grated into water, and given to children for flidulent colics, free of fever. It is sometimes used as an ingredient with dogwood bark, cherry bark, centaury, &c. in morning bitters, as a preventive of the ague in low marshy situations.

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Coh's Foot—*Asarum Canadense*,

Grows about eight inches high in moist situations, producing yellow flowers, early in the spring, which appear before the leaves. These are soon succeeded by large roundish leaves, which have a bitterish mucilaginous taste. The root has a bitterish and very spicy taste, something resembling the Virginian-snake-root, and ginger.

It is said a decoction of the leaves and flowers, two handfuls to a quart of water, with or without milk, taken freely, is serviceable in coughs, consumptions, diarrhoeas, and dropsical complaints. The leaves powdered fine, and used as snuff, removes giddiness and obstructions of the head.

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Pennyroyal—*Mentha Pulegium*.

An infusion, a handful to a quart of boiling water, a teaspoonful the dose three times a-day, has long been esteemed in hysteric complaints and obstruc-

tions of the menses. It is said, that the expressed juice of pennyroyal, with a little sugar or honey, a tea cupful every two or three hours, is a useful medicine in the whooping cough.

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### Red Pepper or Cayenne—*Capsicum*.

It is cultivated in our gardens; and is a powerful stimulant, and has been found beneficial in chronic rheumatism.—Those who are subject to flatulence will find benefit by using it with vegetables and soup. In cases of violent pain or cramp in the stomach, no medicine is superior to a strong infusion of red pepper, one or two pods to half a pint of spirits, in dose from half to a wine-glassful. It is also useful, both as a medicine and gargle, in putrid sore throat, when infused in water. Steeped in spirits and applied warm to the extremities in chronic rheumatism, or low stages of nervous fever, when the circulation is languid, it has produced the most happy effects.

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### Raspberry—*Idæus*.

Like the rest of the rich sub-acid fruit when ripe are wholesome and nourishing. Raspberries as well as strawberries, held in the mouth, will dissolve tartarous concretions on the teeth.

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### Queen of the Meadows—*Eupatorium Purpureum*,

Called also trumpet weed, gravel weed, &c. grows in hedges, and on the sides of meadows, about four feet high; the stalk reddish, leaves long, spear-shaped, from three to five round the stalk, opposite each other, flowers purple. The leaves have similar properties to thorough-wort, and are considerably weaker and less liable to vomit and purge. A large handful of the roots boiled in three pints of water to a quart, and given in doses of a tea-cupful every two hours, is an excellent remedy in suppression of urine, bloody urine, and gravel. It strengthens the urinary organs, and weakness of

these parts generally; and is good in carrying off the water in dropsy.

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Crane's Bill—*Geranium Maculatum*.

This plant is by some improperly called crow foot. It grows five or six inches high in meadows and woods, has long slender stalks, with seven long narrow leaves at a joint. The root is crooked and knotted, blackish on the outside and redish within, has a rough taste with an aromatic flavor.

When applied externally, it is highly extolled for its styptic power, in stopping hemorrhages of wounded vessels. The powdered root in doses of a teaspoonful three or four times a-day, or a decoction in milk, used as a common drink, is excellent in checking immoderate menstrual discharges, also the whites and gleet, and obstinate diarrhœa.

The following account of the efficacy of crane's bill, as stated by Dr. Mease, in the Medical Museum, deserves the attention of the reader:

The son of Mr. David Cooper, near Woodbury, partially divided the artery at the wrist with the point of a hatchet in trimming a tree; the wound bled profusely, and an aneurismatic tumor of the size of a pullet's egg was quickly formed. Doctor Hendry, who was immediately called, applied a tourniquet, and also a flat piece of lead to the tumor, and apprehending that the usual operation would be necessary, requested the assistance of Dr. Wm. Shippen from Philadelphia. On the arrival of that gentleman, the operation was resolved on; when the father of the young man insisted upon the trial of a vegetable remedy, which he said he had learned the use of from one of the aborigines of our country. He immediately repaired to the woods, and returned with some of the specific, which was pounded in a mortar with a little cold water, and applied to the part, and in a short time, to the great satisfaction of the sufferer and his friends, checked the bleeding. The tourniquet was left on as a pre-

cautionary measure, but fortunately no occasion offered for using it. In the course of a few days the wound healed and the young man had no further trouble.

A man in pruning a tree, divided the stout muscles of the fore arm in an oblique direction; the wound was full four inches in length, and bled profusely from a large artery, and numerous smaller vessels. His shirt-sleeve was filled with blood; for being made tight round his wrist and fore arm, it prevented the blood from escaping, and forming a coagulum round the bleeding orifice, checked for a short time a further effusion.

The powerful effects produced by the geranium in the former case, induced Dr. Hendry to apply it in the present; accordingly he procured some of the roots, and after washing and pounding them, filled the wound therewith: the effect upon the smaller vessels was almost instantaneous in checking the effusion of their contents, and the bleeding in a short time entirely ceased; and although, as in the former case, the tourniquet was very properly suffered to remain, yet no occasion offered for using it.

Another case occurred of a wound in the ankle from a scythe, which had bled so profusely as to cause the man to faint; but on the application of the geranium, it ceased in a short time.

In the instance of a violent vomiting of blood, which had resisted a variety of remedies, an infusion of the plant in water, produced the desired effect in a few minutes.

In consequence of the virtues of the geranium having been so often experienced about Woodbury in cases of hemorrhage, the inhabitants have been induced to cultivate it in their gardens; and it would be well if their example were followed by every one in the country; for though Providence has diffused the valuable plant over every part of our country, yet as it grows principally in the woods and the accident it is intended to cure may admit of

no delay, and often happens in winter when the plant cannot be found, it should be transferred to every garden, that it may be at hand when needed.

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Ergot, or Spurred Rye—*Secale Cornutum*.

Rye is subject to a disease, in low wet situations, or when a hot summer succeeds a rainy spring. The spurious substance called ergot, is found projecting from among the leaves of the spike or ear; it is a long crooked excrescence, resembling the spur of a cock, pointed at the extremity, of a dark brown color externally, and white within. Some spikes are wholly occupied by spurs, while others have only two or three, interspersed with genuine seeds of rye.

This extraordinary substance possesses considerable medicinal properties. In lingering and laborious cases in child-bed, it acts as an invaluable medicine, speedily inducing forcible pains, and expediting delivery. It is given in the form of powder in doses of from five to fifteen grains, but it has sometimes been found more active in the form of decoction, prepared by gently boiling thirty grains of the powder in half a pint of water, of which one third may be taken every twenty minutes, until proper pains have commenced.

It is proper, however, to caution domestic practitioners against employing this powerful medicine in cases of preternatural, or even in every case of natural presentation. The powerful and continued efforts of the uterus, from the effects of the ergot, prevent the retreat of the child's head, after being advanced, and the unceasing pressure in some instances, occasions the death of the child. Let this circumstance, therefore, have its due effect, and induce the utmost precautions in the administration of this powerful article.

This medicine has also been successfully employed in cases of obstructed menses, or monthly evacuations.

**Fever Bush, or Wild Allspice—*Dunus Febris*,**

Grows in meadows and swamps, and generally rises five or six feet high, leaves numerous and somewhat spear-shaped; the blossoms rather of a reddish color; the berries are of a blood red, and of a pleasant smell.

A handful of the twigs of this bush, infused in a quart of boiling water, and given in doses of a tea-cupful every hour or two, is extremely cooling and beneficial in fevers.

A handful of the berries infused in a quart of spirits, forms a pleasant bitter.

The powdered bark is also an excellent remedy for worms.

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**Mouth Root, or Golden thread—*Nigelia*,**

Is found in swamps; the stems erect and naked; the leaves grow by threes at the termination of the stems; the white solitary blossoms appear in May; the roots are thread-shaped, and of a bright yellow color.

This plant is very efficacious, as a local application, in ulcerations of the mouth. Either alone or combined with spices, it may be used in the secondary stages of low fevers, in chronic weakness of the stomach, and in almost every case where strengthening remedies are proper. Its effects are similar to Gentian, Columbo, Quasia, &c. It may be prepared either in spirits or made into strong tea. It is likewise good in substance, but is not easily reduced to powder.

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**Lily of the Valley—*Convallaria Majalis*.**

The extract of the root of this article, both in sensible properties, and medicinal qualities, resemble Aloes. It may be used in those cases to which Aloes is adapted, and in similar doses.

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**Mistletoe of the Oak—*Viscum*,**

Is an evergreen, growing along the Ohio river,



below the falls. Mistletoe is found on several kinds of trees. That which grows on the oak has been taken with success in epilepsy or fits. It is directed that the mistletoe be separated from the oak, about the last of November, gradually dried, and when pulverized, confined in a bottle well corked; to be given in doses of a tea-spoonful three or four times a day, gradually increasing the dose according to its effects.

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Arrow Root—*Maranta Aurundinacea*,

Is cultivated in the Southern States. A table-spoonful makes a pint of the finest jelly in nature, which affords the most nutritious food for children in acute diseases. To persons labouring under bowel complaints, as diarrhoea and dysentery, it is of itself a remedy.

The jelly is made in the following manner—To a table-spoonful of the powdered root, add as much cold water as will make it into a thin paste, and then pour on boiling water through the spout of a kettle, stirring it at the same time briskly, till it becomes a clear jelly; after which season it with sugar and nutmeg, and to render it still more palatable, a little wine or lemon juice may be added.—But to children, blending it with new milk is best.

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Dog Wood—*Cornus Florida*.

The bark of this famous tree, which may well be termed the cinchona or Peruvian bark of North America, possesses, like that, all those tonic powers, which give it such admirable control over intermittents, gangrene, and all diseases proceeding from debility.

It may be given in powder, or in the form of tea, made by boiling or steeping. Unless it is dry, and about a year old, it will sometimes offend the stomach. The shape, however, in which it will be found most agreeable, is that of an extract, which is easily prepared by boiling the bark, straining it,

and then evaporating it very slowly to the consistence of honey. To prevent the fatal effects of burning it, the vessel in which it is evaporated should be of the wide-mouth sort, placed in a large pot of boiling water, and often stirred towards the close of the operation.

The dose is from a half to a whole tea spoonful, three or four times a day. The beautiful red berries of dogwood, combined with lemon-peel, snake-root, calamus, or any other warm aromatic seeds, form a fine bitter against the common fall complaints. A strong tea made of the flowers, is a pleasant substitute for that of red-rose leaves.

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#### Fever Root, or Dragon's Claw,

Grows upon mountains and the sides of hills; about six or seven inches high; the leaves grow in clusters from the top of the root, spear-shaped; blossoms yellow; the root black about the size of cloves, very tender, resembling the claws of the animal whose name it bears. When it is pulverized and exposed to the air it will liquify.

The root in the form of powder, in doses of a tea spoonful or in the form of decoction, a handful to a quart of water in doses of a tea-cupful every hour, is esteemed an excellent medicine in bilious fever, pleurisy, colds, St. Anthony's Fire, and other febrile diseases.

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#### Yarrow, or Millfoil—*Achillea Millefolium*,

Grows in dry pastures and along the sides of fences, about a foot high; leaves pointed, flowers white, tinged with a little purple beneath; and has a bitter spicy taste. The expressed juice is strengthening and carminative. It is useful in indigestion, air in the stomach and bowels, hysterical and spasmodic complaints, &c. The recent plant is better than the dry. The fresh roots have the properties of the contrayerva of the shops. A table spoonful of the expressed juice taken twice a day, and

the herb bruised, or in the form of a poultice, is said to have cured a cancer of the breast. The green leaves pounded, and applied over a bruise, dissipates it in a few days.

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Sweet Violet—*Viola Odorata*,

Is cultivated in our gardens; leaves heart shaped, notched; flowers deep purple, odoriferous.

A tea-spoonful of the powdered herb is a mild laxative. To children, a strong infusion or decoction formed into a syrup with molasses, honey, or sugar, in doses of a wine-glassful, will be more acceptable.

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Wild Valerian—*Valeriana Officinalis*,

Grows abundantly in the vicinity of the Ohio river. It rises two or three feet high—the leaves in pairs, large, hairy, and of a dusky green color; flowers stand in large tufts on the tops of the branches, of a pale whitish red color.

The root, which is the part used in medicine, consists of a number of slender fibres, matted together, and attached to one head, of a brown color, having a strong unpleasant smell. Valerian has long been recommended by the most learned physicians as a medicine of great use in nervous disorders; and is particularly serviceable in hysteric cases, as well as in epilepsy, proceeding from a debility of the nervous system. It should be given in doses of from one to two tea spoonfuls or more, in powder, two or three times a day. It seems most useful when given in substance, and large doses. There are four species of this plant, one male and three female; the male is mostly used, and grows in wet land; has a large cluster of fibrous roots, matted together and joined to a solid root, from which proceed several stalks about two feet high; flowers yellow, resembling a moccasin; its leaves somewhat resemble the poke leaf, but rough and hairy, generally known by the country people

by the name of lady's slipper, from the shape of the flower.

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Garden Thyme—*Thymus Vulgaris*,

Is one of the most powerful aromatic plants, and as such is frequently employed in the form of tea, in those complaints where medicines of this class are indicated.

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Common Sumach—*Rhus Copallinum*.

The berries or seeds, when ripe, are red and very acid. An infusion of them, sweetened with honey, is a good gargle for the sore throat, and for cleansing the mouth in a putrid fever.

The bark of the root of the sumach is considered as one of the best anti-ceptics produced by vegetation. Corroding ulcers defying every common application, immediately begin to heal by washing them with a strong decoction and applying the boiled bark as a poultice. It is also a very important material in decoctions for hectic and scrofulous diseases. It is a specific in the venereal disease.—(See venereal disease.)

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Rattle, or Seneca Snake Root—*Pollygala Senega*,

Grows nearly a foot high, the leaves pointed, and somewhat oval; the stalks upright and branched, the flowers white; the root variously bent and jointed, whence it is supposed to resemble the tail of the animal whose name it bears.

In violent colds, croup, pleurisy, acute rheumatism, and all inflammatory complaints, it is an admirable medicine to promote perspiration. The best form of using it is in decoction, a handful to a quart of boiling water, a wine-glassful to adults, every two or three hours, increasing or lessening the quantity to avoid vomiting and purging.

It is also recommended in obstructions of the menses; four ounces of the decoction to be taken in the course of the day, increasing the quantity when

the menstrual effort is expected, as far as the stomach will allow. If this excite nausea, aromatics are to be added, as cinnamon, calamus, and angelica.

In various forms of dropsy, the Seneca root has been considered as highly serviceable. Its cathartic and diuretic effects are very considerable, when persevered in, in large quantities; and have, in many instances, effected the dissipation of dropsical swellings.

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Peppermint—*Mentha Piperita*,

Is an excellent stomachic in flatulent colics, languors, hysteric cases, and vomiting. The usual modes of administering it, are infusion, the distilled water, and the essential oil. This last, united with rectified spirits of wine, forms the essence of peppermint; so highly esteemed.

In nausea, cholera morbus, obstinate vomiting, and griping, peppermint, infused in spirits, and applied as hot as can be endured, to the stomach and bowels, will be found a most valuable remedy.

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Wild Potato—*Convolvulus Canduratus*,

Grows in low grounds and sandy soils, near running water.—It trails along the ground several feet, much like a grape-vine, the root very large, hard, and white, running very deep in the earth; the leaves triangular; the flowers are whitish, with a purple tinge, and bell-shaped. It is called wild rhubarb, and from the article whose name it bears, is employed as a purgative in doses from a tea to a table-spoonful of the powdered root. It is said the root in powder or decoction has been much recommended in Virginia, and other parts of the United States, in cases of gravel. The decoction is prepared by boiling a handful of the root sliced or bruised in three pints of water to a quart, of which in gravel complaints, a tea cupful may be taken four or five times a-day.

Spikenard or Wild Liquorice—*Aralia Racemosa*,

Grows in low rich grounds and among rocks, to the height of three or four feet; the leaves are many, on long branches, from a thick purpleish stalk, flowers very small, of a bluish color, producing berries much resembling those of the elder, of a sweetish pleasant aromatic taste. The roots are very long, about the thickness of a finger.

A pint of the berries steeped in a quart of spirits in doses of a wine glassful, is said to be a speedy cure for the gout in the stomach. The roots in the form of infusion, a handful to a quart of water, and given in doses of a tea-cupful three or four times a day, have been found efficacious in gouty complaints. The fresh root applied in the form of poultice, is an excellent application for wounds or ulcers.

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Marsh Mallow—*Althæa Officinalis*,

Grows in marshes and wet places. The leaves have a soft woolly surface, feeling like velvet. The flowers are of a white pale flesh color, and appear in August.

Every part of the marsh mallow, and especially the root, when boiled, yields a copious mucilage, on account of which it is employed in emollient cataplasms or poultices, for softening and maturing hard tumors. It is likewise of eminent service in the form of infusion, in asthma, hoarseness, dysentery and gravel.

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Heart's Ease, or Herb Trinity—*Hepatica Triloba*,

Grows generally in corn-fields, producing white and yellow blossoms, intermixed with purple, which flower from May to September; leaves moderately astringent.

A decoction of a handful of the fresh leaves, or half the quantity of the dried, in a pint of milk, used daily for some weeks, is a certain remedy for that disorder in children, called milkscab, or that



species of scald head which affects the faces of children. It is also recommended in cases of disordered stomach and liver.

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Lichen, or Lungwort—*Lichen*,

Is a thin shell or skin which grows on the bark of the white oak tree, resembling the lungs, from whence its name.

It is said to possess the same qualities as the Iceland moss, or lichen, so celebrated in the cure of consumption.

An infusion, a handful to a quart of boiling water, used as a common drink, or a strong decoction formed into syrup, with honey or sugar, may be taken in doses of a wine glassful three or four times a-day. It is also a useful medicine in the whooping cough.

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Pink Root—*Spigelia Marilandica*,

Grows abundantly in the Southern States, and is deservedly esteemed a *vermifuge*, or destroyer of worms. An infusion, a handful to a quart of boiling water, and one or two tea-cupfuls night and morning, is the usual form and dose. With the addition of milk and sugar, children will take it almost as readily as their tea. It sometimes occasions disagreeable affections of the eyes; when this occurs, suspend the use of the medicine until these symptoms disappear, and then select from another parcel, or make tea of the tops only, as it is supposed the deleterious effects are in consequence of some other root being attached to it.

Pink root is also a valuable medicine in fevers, as is verified daily, when given to children in a febrile state where no other effect was produced than a loss of fever.

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Snake Head, or Balmoney—*Chelone Glabra*,

Grows in moist meadows, and by the side of brooks, between two and three feet high; the leaves

are of a dark green, of a sweetish bitter taste, resembling mint; the stalk is four square; it has a white blossom resembling a snake's head with the mouth open, from whence it has its name.

This plant is a good strengthening remedy. It may be used in the form of strong tea made by steeping or boiling. It is proper in cases of indigestion, loss of appetite, and weakness in general.

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#### Rag-Weed—*Ambrosia Elatior*,

Called also bitter-weed, Roman-worm-wood, and iron-weed. The whole of this plant has a bitter disagreeable taste, but in the form of a strong tea, it is useful in nervous and hysteric affections, and in afterpains. Combined with sassafras root bark, and made into a poultice, and applied to the neck, together with a strong tea of the herb, is an excellent remedy for the quinsy. It promotes perspiration, and is composing and strengthening. It should be drank freely.

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#### Thorn-apple—*Datura Stramonium*,

Called also Jamestown weed, jimson, apple Peru, stink-weed, &c. grows plentifully in this country, along the sides of roads and fences. Taken inwardly it is a severe poison—but on extracting its mucilaginous matter, the juice from the leaves and stalks, the extract has an effect upon the system of man, or beast, peculiarly efficacious. It may be termed the vegetable mercury, for its effects are very similar to those of mercury, without any of those bad ones produced by that powerful metallic preparation. It is certainly a great purifier of the blood; it heals generally with quickness and correctness; to sprains and all scrofulous humors, it is an admirable application—and affections of the lungs, may no doubt be removed, if it is rubbed into the system in time. It will generally give relief to chronic rheumatism, and no doubt, a cancerous system may also be relieved by it.

To obtain the extract, collect at any time before the frost, one pound of the leaves and stems; cut them up, and add one pound of lard, and about the same quantity of sweet oil, stew it on the fire until the vegetable becomes soft as *done greens*; then get all you can by squeezing it through a linen cloth. The contents squeezed out is ready for application to the part affected. It must be well rubbed in. Persons using it should be careful to avoid exposure to cold; it is a good plan to cover the part affected with flannel. The preparation will keep any length of time and have its effects.

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Scull Cap, or Hooded Widow Herb—*Scutellaria Lateriflora*.

This herb is found in abundance on the banks of rivers, and on the borders of ponds, flowering in July and August. The stem is square, branched, and grows from one to three feet high; the branches and leaves opposite, leaves narrow pointed, on long foot-stalks; the blossoms small, of a violet color, intermixed with small leaves. The pod is hooded, from whence it obtained the name scull-cap, or *scutellaria*.

The leaves should be gathered when in full bloom, carefully dried without exposure to rain or moisture, ground to a fine powder, and put up in bottles well corked. In this manner it may be preserved in its pure and native state for many years.

A strong tea of this herb, taken in doses of a gill three or four times a-day, is highly recommended for the bite of a mad dog, taking at the same time a spoonful of sulphur in the morning and evening of every other day.

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Sorrel—*Oxalis Acetosella*.

It is also called sour trefoil or cuckoo bread. It yields on expression, a grateful acid juice, which has been beneficially used in scurvy and scorbutic eruptions. An infusion of the leaves makes a pal-

stable diet-drink in fevers; and on being boiled in milk, forms an agreeable whey. A conserve made of the leaves, with double their weight of loaf sugar, forms an excellent substitute for lemons, and may be given with advantage, in all putrid and other fevers, where anti-septics are indicated. The leaves bruised, and externally applied to scrofulous ulcers, have produced excellent effects, by promoting suppuration and granulation.

A handful of this herb wrapped in wet paper, roasted, mixed with sifted ashes, and formed into a poultice, is said to be an excellent remedy to remove a soft wen.

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### *King's Evil Root,*

Grows in plains, and sandy, gravelly lands, from six to twelve inches high, very much resembling cockle, blossoms in May, a single one to a stalk, of a beautiful yellow color. The root grows deep in the ground, about the size of a large goose-quill—from six to ten inches long, of a dark color on the outside and whitish within, with small fibrous red veins running through them, and when broken and rubbing the ends on the finger nail, it will stain it red. When dried and powdered it is of a bright red color.

An ointment made by mixing a large quantity of the powdered root with a small quantity of sheep's suet, and applied cold, is an excellent remedy for the king's evil or scrofula, where it is broke. It should be applied twice in twenty-four hours, making use at the same time of the burdock tea as recommended in the recipes, which see.

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### *Black Snake Weed, or Rattle Snake's Master.*

This herb is to be found on rich hill sides, growing from one to two feet high. Sometimes there are two or three stalks from the same root, branching towards the top, and bearing a small berry, which, when ripe, is of a dark brown color, and divides into

Three parts about the size of a buckwheat grain, smooth and flat on the inside, and in shape very much resembles a bed-bug. The leaves resemble strawberry leaves, but are much larger. The root is fibrous, black on the outside and white within. There is another species growing like this, but it is something larger, the roots white, and not so strong. This has also been used, but is not so efficacious.

A handful of the roots pounded and boiled in a quart of new milk, and a good draught taken several times a day, together with some of the roots thus boiled, applied to the wound, having previously scarrified it with a lancet or knife, is said to cure any poisonous snake bite. If the root cannot be obtained soon after the person is bit it will sometimes be necessary to use it for several days.

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#### Common Avena,

Grows a foot high, about fences and borders of fields. The blossoms are white or yellowish in July; its smell resembles that of cloves. A strong tincture of the root, two handfuls steeped in a quart of spirits, given in the quantity of half a wine glassful; or the powder, in doses of a tea-spoonful several times a day, has afforded an excellent remedy in intermittents, and other disorders where strengthening remedies are requisite. There is another variety of this plant, called water avens, throat root, and cure all, which is to be found in boggy meadows. The blossoms are purpleish, and appear in May. Its properties are the same as the preceding. A decoction of it is beneficial as a gargle in ulcerated sore throats, which probably gave rise to the name of throat root or throat wort.

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#### Beth Root,

Grows in meadows, about a foot high, leaves oval, three at the top of each stalk; one flower of a purple color, bell shaped, producing a small berry.

which contains the seed; the root of a brown color externally, bulbous, and full of small fibres. The powder of the root, in doses of one tea-spoonful two or three times a day, is exceedingly useful in spitting of blood, immoderate discharge of the menses, or in cases of discharging bloody urine. It is also a good application in the form of poultice, to putrid ulcers, and to obviate gangrene or mortification.

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*Broomrape,*

Grows spontaneously in the western part of the United States; and rises six or eight inches high, of a brown color. brittle sprigs, but no leaves; the root is bulbous. It is generally found under the shade of the beech tree, hence it is sometimes called beech drops, but more generally cancer root.—Every part of this plant is considerably astringent, and along with the astringency, especially in the recent plant, there is combined a peculiar and extremely nauseous bitterness. It has been celebrated as a remedy in dysentery, but its principal reputation is in cancerous affections. The powder of cancer root has been of great service, externally applied to obstinate ulcers, some of which had resisted all the ordinary applications. The fresh bruised roots have also been applied with good effects to cancerous sores. In the form of decoction it has been found useful as a wash for gallings in warm weather, or excoriating of the skin. It is also esteemed a good application in cases of St. Anthony's fire.

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Red Chickweed—*Annagallis Phœnicea*.

Called also red pimpernel, and guach-hul, is cultivated in many gardens, and grows spontaneously near Baltimore and Havre de Grace. According to the deposition of Valentine Kettering to the Legislature of Pennsylvania, and report made by their committee, the red chick-weed is a specific



in that most dreadful of all diseases, the Hydrophobia, or bite of a mad dog. The dose for an adult is a small table-spoonful of the dried leaves in powder. For brutes the dose is much larger.

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*Female Fern, or Back ach Brake,*

Grows near ponds, and in moist pastures, about twelve inches high. The leaves are single, winged and about the size of a goose quill, of a brown color, very sweet, and of a mucilaginous taste.

A quart of a strong decoction of the roots, and a pint of honey, formed into a syrup by gentle simmering, and given in doses of a table spoonful every hour or two, is highly beneficial in all violent coughs.

It is said that three parts of the roots of this plant, and one part of sumach root, boiled slowly in any kind of spirits, until it becomes slimy, and then applied warm to the spine, has frequently relieved the back ach; hence the vulgar name *back-ach brake*. It is also employed as a remedy for the rickets in children.

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*Garlic,*

Is highly stimulating, and therefore useful to persons of cold phlegmatic constitutions. It provokes the appetite, assists digestion, removes flatulence, promotes expectoration and urine, and hence has long been used in scurvy, asthma, and dropsy. It is said, in cases of deafness, a small clove of the root, wrapped in gauze, cotton, or wool, moistened with the juice, and introduced into the ear, has frequently proved an efficacious remedy, when repeated twice or thrice a-day.

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*Goose Grass,*

Called by some 'poor robin's plantain', from its efficacy in curing the gravel. Grows in hedges, low grounds, and near brooks, to the height of five or six feet, climbing on the bushes near it. The up-

per side of the leaves are white, with sharp prickles: the flowers small and divided into four segments: these change into a fruit rather large, composed of two berries slightly adhering together, and covered with hooked prickles, containing two seeds.—The leaves in the form of decoction, a handful to a quart of water, are highly celebrated as a remedy in gravel complaints, and suppression of urine, in doses of a tea-cupful every hour or two, until relieved. It has also been recommended in the cure of scurvy, spitting of blood, and epilepsy, or fits.

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*Ground Holly—Pyrola Umbellata.*

It is sometimes called pipsisseway, which is its Indian appellation.

This herb grows on hilly poor land where it is a little stony. It is an evergreen, and grows from three to six inches high; has a number of dark green leaves, with whitish streaks through them. The leaves are about half an inch wide, and from one to two inches long, with a scalloped edge; bears a little brown seed on the top, resembling all-spice.—The tops and roots are used for medicine. The roots when chewed are very pungent, which will be felt for several hours on the tongue. A strong tea made of this plant is good for cancers and all scrofulous humors, by drinking freely of the tea, and bathing with it the parts affected. It is also highly recommended in rheumatic complaints.

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*Hogbed, or Hogweed,*

Grows near farm yards, and on stony soils, like moss, about three inches high. The leaves are of a deep green color, small and curly. The hogs delight to make their bed on it, from whence it derives its name. A handful of this plant infused in a quart of boiling water, and given in doses of a tea-cupful three or four times a day, is a popular remedy among women to promote the menses or cure—

*Life Root,*

Grows on the borders of meadows, about two feet high; leaves large, and saw-edged; flowers yellow, and the roots small and fibrous.

An infusion of this plant, a handful to a quart of boiling water, taken in doses of a tea-cupful five or six times a day, is said to be an excellent remedy for the gravel.

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*Mandrake, or May apple,*

Grows on low grounds, one or two feet high; leaves generally three, broad at the base, and terminating in a sharp point; flowers yellowish; the fruit resembling a lime or small yellow apple, which is much admired by some.

The root is an excellent purgative, and may be taken in doses of from ten to thirty grains in substance, or double the quantity infused in a gill of water. Dr. Little, of Pennsylvania, esteems it preferable to Jalap. The hon. Paul Hamilton, who often used it, directs equal parts of the juice and molasses to be mixed, and a table spoonful taken every hour or two until it operates.

The best time of gathering the May-apple, for medicinal purposes, is in autumn, when the leaves have turned yellow, and are about falling off.

The Indians dry it in the shade, and powder it for use. It is also highly recommended in curing epileptic fits. [See Receipt.

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*Milk or Silk Weed,*

Grows by the road sides, and on sandy ground, about three feet high; the stalk square; leaves oval, and milky; flowers yellow, and terminating in a pod resembling a cucumber, filled with down, which when ripe, is blown away.

A handful of the root boiled slowly in a quart of water for half an hour, and given in doses of a gill or more three or four times a day, is reputed to be an effectual remedy in the cure of the dropsy, and

serviceable in catarrhs, serofulous and rheumatic disorders, and gravel complaints.

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**Mulberry Tree—*Morus, Nigra et Alba.***

Its fruit has the common quality of all other sweet fruits, quenching thirst, abating heat, and proving laxative in its effects. A syrup made of the juice of the fruit, serves as an excellent gargle for mitigating inflammation of the throat and ulcers of the mouth.

The bark of the root of the black mulberry tree, in doses of thirty grains, or half a tea-spoonful of the powder, or double the quantity infused in a gill or half a pint of boiling water, or equal parts of a strong decoction and molasses, formed into a syrup, in doses of a wine-glassful, is an excellent purgative, and has been used with success as a worm medicine, particularly for the tape worm.

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**Mullein—*Verbascum.***

The leaves, a handful to a quart of milk, is a common remedy in bowel complaints.

In the form of fomentation or poultice, it is employed to relieve painful swellings; and in a dry and pulverized state, to destroy fungus or proud flesh.

The seeds are highly recommended in the asthma; for a preparation of them see *asthma*, page 67.

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**Mustard, Black and White.**

Mustard used with our food, provokes the appetite, assists digestion, and promotes the fluid secretions, and is especially adapted to persons of weak stomachs, or where much acid prevails, as it acts upon the system generally without producing much heat. A table-spoonful of prepared mustard in a pint of warm water, on an empty stomach, operates as an emetic in nervous disorders. A table-spoonful of the unbruised seed taken twice or thrice a day, proves a gentle laxative, increases the urinary discharges, and is useful in chronic rheumatism, pal-

sy, and dropsy. In languid constitutions, or low stages of fevers, a gill of the seeds mixed with a small handful of horse radish, and infused in a quart of wine, in doses of a wine-glassful occasionally, is a most cordial stimulant.

Another excellent form in which mustard may be taken, is that of whey. It is prepared by boiling two or three table-spoonfuls of the seeds bruised, in half a pint of milk, and as much water, until the curd be perfectly separated, to which a little sugar may be added, and of this drink, a tea cupful may be taken three or four times a day, in nervous fevers.

The powder of the seeds, mixed with the crumbs of bread or flour, and formed into a poultice with sharp vinegar, is an excellent application to the parts affected with rheumatism, and to the soles of the feet and palms of the hands, in fevers, where there is a languid circulation, or cold extremities, or in cases of delirium.

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*Mezereon,*

Called also Spurge Laurel, Dwarf Bay, grows plentifully in woods and shady places near the Ohio, and flowers in the month of February or March.—The fruit is a berry, in which is found a single seed. The leaves are spear-shaped, and the flowers grow of a beautiful red or rose color.

The bark of the root of this plant is the part used as medicine, and has an extremely acrid, burning taste in the mouth and fauces. Dr. Withering asserts, that a patient who lived under extreme difficulty of swallowing for three years, was effectually cured in two months, by chewing the root as often as she could support its irritating effects. The fresh root scraped, and applied to the surface of the skin, affords an efficacious blister. When taken internally it determines to the surface, and has been found greatly serviceable in rheumatism and obstinate cutaneous diseases. Its principal use, however, is

in the venereal disease, in the last stage, or when mercury has failed. (Mark this.) It is particularly efficacious in relieving nocturnal pains, and removing venereal nodes. One gill to a half pint of the decoction, made of two drachms, or a handful of the bark, with an equal quantity of the liquorice root, boiled in three pints of water to a quart, may be taken three or four times a-day.

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*Plantain—Plantago,*

Has long been employed as an antidote against the bites of snakes, spiders, and other venomous insects. The juice, extracted from the whole of the plant, is generally given in doses of two table-spoonfuls, every hour, or oftener, until the patient is relieved. It is sometimes given in conjunction with horehound or rue. The leaves bruised are considered by some a good application to fresh wounds.

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*Soapwort,*

Grows in moist swamps and meadows, particularly on the Ohio river. It is sometimes used as a substitute for soap. It rises about a foot high, the leaves are pointed, and furnished with three ribs, the flowers numerous, large, and of a pale pink color. A handful of this plant, boiled in three pints of water to a quart, in doses of half a pint, three or four times a-day, has been found useful in the jaundice, obstructions of the liver, and the venereal disease.

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*Sampson Snake Root.*

Grows from six to twelve inches on dry land, and bears on the top two or three pale blue flowers; leaves opposite, sword shaped; the root matted, variously bent, and has an agreeable bitter taste. Upon the respectable authority of the honorable William Mayrant, of South Carolina, the root of this plant possesses, in a very great degree, tonic powers. He states that being himself reduced to a



mere skeleton, by dyspepsia, or indigestion, and having tried the usual remedies employed in such cases, without receiving any benefit, he was at length induced, as his last hope, to try the virtue of this plant, which had been recommended to him by a negro man. He was directed to steep a handful of the root in a bottle of spirits, of which he was to take half a wine-glassful, diluted with water, three times a day; and such was the astonishing effect wrought by this medicine, that in a few weeks his health was perfectly reinstated. He discovered the plant to grow near Fredericksburg, Virginia, and collected some of it to exhibit in Washington. Several persons in delicate health, and troubled with dyspepsia, were readily persuaded, from the recommendation of Col. Mayrant, to use of his favorite remedy, and not without receiving considerable benefit. It may be taken in the form of powder, tincture, or decoction.

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*Strawberry.*

The fruit of this plant is delicious, and being of a cooling and laxative nature, may be considered as medicinal. If freely eaten they impart their peculiar fragrance to the urine, and when retained in the mouth for some time, dissolve tartarous concretions on the teeth. They are of great service in cases of scurvy, and according to Linnæus, a copious use of them has proved a certain preventive of the stone in the kidneys. An infusion of strawberry leaves, while young and tender, makes excellent tea; but for such purpose they ought to be dried in the shade, being slightly bitter and styptic. They have been used with advantage in laxity and debility of the intestines, as likewise in hemorrhages and other fluxes. Lastly, they are of considerable service as aperients, in suppression of urine, visceral obstructions, and jaundice.

*Sweet Violet,*

Is cultivated in our gardens; leaves heart-shaped, notched, flowers deep purple, odoriferous. A teaspoonful of the powdered herb is celebrated as a mild laxative. To children, a strong infusion or decoction formed into syrup with molasses, honey or sugar, in doses of a wine glassful, will be more acceptable.

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*Water Cresses,*

Grow in running brooks and wet ditches. The green herb, eaten as a vegetable, and the expressed juice in doses of a table-spoonful two or three times a day, is an effectual remedy for the scurvy.

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*Onions—*Alium Cepa*,*

Possesses similar virtues with the garlic, only in a less degree. The disagreeable smell which they impart to the breath may be effectually obviated, by eating a few leaves of parsley immediately after the onions.

Onions are justly reputed an efficacious remedy in suppression of urine, in dropsies, and in abscess of the liver. The following exemplification of the virtue of onions in liver complaints, deserves the attention of the reader.

Capt. Burch, of the District of Columbia, was afflicted with an abscess of the liver, deemed incurable by the physicians, and seeing some onions in the room, expressed a wish to eat one. Thinking his case desperate, and no longer a matter of consequence what he ate, his wife immediately gratified his appetite. After eating one or two onions, he found himself much better, which induced him further to indulge his appetite. He subsisted for several weeks entirely on onions, with only the addition of a little salt and bread; and from using this diet he was restored to perfect health. This, with innumerable instances of a similar sort, ought to convince the young practitioner, that in the cure of

this disease, nature ought always to be consulted, as she seldom or never errs.

Upon the high authority of our virtuous and able statesman, the honorable William H. Crawford, onions externally applied, is an invaluable remedy in violent sore throats. He states that while at Paris, he was afflicted with a violent sore throat, which did not yield to the usual remedies; he directed some onions to be beaten, and had them applied to the soles of his feet and legs, over which his stockings were drawn. The happy result was, that he had a good night's rest, and in the morning found his throat entirely cured. He communicated the cure wrought on himself to a French lady, who was greatly distressed with a sore throat, which induced her to make the experiment, and the fortunate result was very remarkable.

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#### Willow—*Salix*.

Professor Barton thinks that our willows possess nearly the same virtues that have been ascribed to those of Europe, and that they might be substituted for the Peruvian bark. The bark of the white willow, smooth willow, and crack willow, so called from the remarkable bitterness of its branches, collected when it abounds with sap, has been successfully employed in intermittent or ague and fever, in doses of one or two drachms. The broad-leaved willow is said to possess greater virtues than either of the above. This species may be distinguished by the shape of its leaves from all others except the bay-leaved willow. The leaves of the latter are smooth and shining, and of a deeper green, and have not the downy appearance on the under surface which is so remarkable in this. It is found in woods and hedges, on hilly situations, and delights in cold clayey moist grounds.

A strong decoction of this bark resembles port wine in color. It is astringent to the taste, and somewhat bitter. According to Dr. Wilkinson, it is a

remedy of great efficacy in most cases where the Peruvian bark is indicated. He directs one ounce and a half of the bark to be infused in one quart of water for six hours, then boil it over a gentle fire for a quarter of an hour, and strain for use. Of this the ordinary dose is a wine glassful three or four times a-day. But in ague and fever, the dose may be repeated every third hour in the interval of the fit.

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*Virgin's Bower,*

Grows about two feet high, near ponds and low pastures; leaves opposite, in pairs, and terminated by an odd one; the flowers somewhat resemble the appearance of feather tails.

A small handful of the leaves infused in a quart of boiling water, and given in doses of a gill three times a-day, is said to be very beneficial in venereal sores, or cutaneous eruptions of long standing; particularly if the sores are washed with the same. The bruised green leaves have been applied to ulcers, as an escharotic, to destroy proud flesh.

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*Poke Weed—Phytollaca Decandra.*

It is known by a variety of names; as American night shade, coacum, garget, skoke, &c. The berries steeped in spirits, have been long employed in the chronic rheumatism. It has, however, sometimes failed, which may have been owing to the peculiarity of constitution, or to the inertness of the tincture from age. From the authority of professor Barton, the juice of the ripe berries, inspissated to the state of an extract, and spread upon a rag, or upon the leaf of the plant, is an excellent application to scrofulous or indolent tumors. The juice of the leaves has been applied in the same manner with equal advantage. An ointment of the leaves with lard is good in various kinds of ulcers. The roots, bruised, are sometimes applied to the hands and feet of the patients in ardent fevers. To make

an extract, expose to moderate and continued heat, the juice of the berries or leaves, until, by evaporation, it thickens to the consistence of honey. It may also be made from the root which is equally efficacious. Boil the roots for some time, strain the decoction, and then reboil it to a thick consistence. Other virtues have been recently ascribed to this plant by respectable physicians.

An infusion of the leaves is recommended externally as an admirable remedy for the piles. One ounce of the root steeped in a pint of wine, and given in the quantity of two table-spoonfuls, is said to operate mildly as an emetic. It is also said that this plant may be relied on as an efficacious remedy for the venereal disease in its various stages, even without the aid of mercury.

It is a most valuable medicine in rheumatic and gouty affections, as also in nocturnal pain, and obstinate ulcerations in the venereal disease, brought on by the excessive use of mercury. The usual form of exhibiting it is the tincture, a wine-glassful three times a-day. The tincture is prepared by filling a jug with the whole berries when ripe, and then pouring as much spirits to them as the vessel will contain.

An ointment, prepared by simmering slowly the leaves or a handful of the root scraped in a pint of hog's lard, with a small portion of beeswax, has been used with great success in cancers, and various kinds of ulcers.

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#### Horehound—*Marubrum Vulgare*.

It grows among rubbish, flowering from July to September. The leaves have a very bitter taste.

An infusion or tea of the leaves sweetened, is a very common remedy for colds. A syrup prepared by simmering slowly for an hour, a pint of honey in a quart of a strong decoction of the plant, is an excellent medicine in coughs, or complaints of the breast, in doses of a table-spoonful every two or

three hours, or oftener, when the cough is very troublesome. In like manner a candy prepared by simmering slowly half a pint of the juice with a pound of sugar, will be found equally serviceable.

In the Southern States there is a plant, called wild horehound, growing to the height of one or two feet, of which a tea, prepared by adding one or two handfuls of the fresh leaves, or half the quantity of the dried to a quart of water, in doses of a gill or more, every two or three hours, acts gently on the skin and bowels, and is used like the Peruvian bark as a tonic in the cure of ague, and bilious fever.

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#### Flax-seed—*Linum*,

Possesses great medicinal virtues. An infusion, or tea, is the most suitable drink for patients laboring under violent colds, coughs, difficulty or burning in making water. The flax-seed syrup which is prepared by adding a pint of honey to a quart of strong tea, and simmering it away slowly by a gentle fire for an hour, observing to take off the scum as it rises, is a most valuable medicine in diseases of the breast and lungs, in doses from a tea to a table spoonful, every hour or two, or oftener when the cough is troublesome. The flax-seed bruised, also forms one of the best emollient poultices with which we are acquainted.

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#### *Hart's Tongue.*

It grows among rocks and shady places; the leaves being of a shining black color, long, pointed, and tongue-shaped.

This herb in the form of infusion, a handful to a quart of boiling water, in doses of a tea-cupful two or three times a day, is said to be a good remedy for the diarrhoea and dysentery; and in the form of ointment, prepared by simmering a handful of the leaves in half a pint or more of lard, is a good application to scalds and burns.



**Maiden Hair—*Asplenium Trichomanes*,**

Called also milkwaste, and spicewort. It grows on old walls, rocks, and shady stony places, generally to the height of seven or eight inches; leaves fine and soft, and spotted underneath; stalks of a dark purple color; flowers from May to October. Its leaves have a mucilaginous sweetish taste without any peculiar odor.

An infusion, by pouring a quart of boiling water on a handful of the dry herb sweetened with honey, and taken in the quantity of a tea-cupful every hour or two, or a tea-spoonful in the form of syrup, is said to be good in tickling coughs, hoarseness, and disorders of the breast, proceeding from acrid humors in irregularities of the menses, and obstructions of the viscera.

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**Squirrel Ear or Edge Leaf.**

This herb, according to the late Paul Hamilton, Esq. is produced on barren pine land, in Carolina and Georgia. It is a species of sage, and very efficacious as an antidote to the poison of the snake bite. It is known by the remarkable characteristic which forms its name; the leaf, instead of the surface, presents its edge to the sun, and is in color and shape, very much like the ear of a squirrel, although larger. The stalk never rises beyond three feet, and its leaves alternate and transverse.

A wine-glassful of the juice of this plant has been known to rescue from death persons bitten by the rattlesnake, who were so far gone as to be incapable of speaking. The flowers of this plant are white and fuzzy, and appear in every warm month of the year; the smell like that of melilot, with a slight tincture of the aromatic.

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**Lady in the Bower, or Deil in the Hedge,**

Grows in our gardens, from one to two feet high, flowers of a pale blue color, intermixed with fine leaves; the pod on the top resembles a star with five points.

An infusion of this herb, a small handful to a pint of boiling water, in doses of a tea-cupful every hour to an adult, is an infallible remedy for the colic, children in proportion to their age. I would advise every family to keep it constantly.

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**Hemlock, Canadian Fir—*Abies Canadensis*.**

This is the common hemlock tree, by some called spruce-pine, and grows in various parts of the United States. The part generally made use of is the inner bark carefully dried and ground to a fine powder. A tea made by steeping a table-spoonful of the powder in a tea cupful of boiling water, forms a good medicine for canker and many other complaints. The boughs made into a tea, are good for gravel and other obstructions of the urinary passages, and for rheumatism.

This tree also affords a liquid resin, or turpentine, which has all the properties of the balsam fir, and which may be used in the same way. From this tree as well as the balsam fir, an essential oil may be obtained, which has all the properties of common oil of turpentine. This oil dissolved in spirits of wine, is in much popular repute under the name of essence of hemlock.

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***Goldenseal or Kercuma,***

Grows in rich wood land and hill sides, from ten to fourteen inches high, stalks smooth and round with a large leaf, serrated, and deeply indented; bears a bunch of red berries at the heel of the leaf, somewhat resembling the ginseng berry. The root, which is the part made use of, is a beautiful yellow color, having an impression on it resembling the stamp of a seal, from whence its name.

The root dried and powdered and taken in doses of a tea-spoonful in a little hot water, is an excellent medicine where the food causes distress in the stomach of weak patients. It is also an excellent corrector of the bile. The green root pounded, and

a little water added to it, and strained, forms an excellent eye water.

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*Indian Snake Root,*

By some called abcess root, grows on the sides of running streams and on hill sides, most commonly on the north; from twelve to eighteen inches high, the stalk is bare for some distance, then come leaves which are opposite, and in shape very much resemble the common locust leaves; flowers in April and May, of a bright purple color, terminating in seed pods, somewhat resembling those of flax, enclosed by small leaves. The root is matted and fibrous, and intensely bitter.

A handfull of the root, green or dried, pounded, and steeped in hot or cold water, or spirits, and drank freely through the day, is highly extolled, and from my own experience has proved beneficial in diseases of the breast, pulmonary consumption, and diseases of the liver.

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*Spearmint—Mentha Viridis.*

This plant is too well known to need a description. It makes a very pleasant tea, and may be used freely in sickness. The infusion or essence is a warm aromatic, and expels wind, and relieves pain in the bowels and stomach. The most valuable property it possesses is to stop vomiting.

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*Skunk Cabbage, Bears-foot—Symplocarpus Fœtida.*

This plant grows in various parts of the United States, and is generally found in meadows and wet land, and along the sides of runs; the leaves are large, and have a very fœtid smell, like that of the animal whose name it bears. The root has a pungent taste, which, when dug, dried and reduced to a powder, and taken in doses of a tea spoonful, in a little honey, in the morning or at night when going to bed, is said to be very efficacious in the asthma, cough, difficulty of breathing, and other disorders

of the lungs, colics, griping of the bowels, &c. The leaves bruised, made into a poultice and applied, relieve painful swellings, whitlows, sore breasts, &c.

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*Quaking asp.*

This tree grows in many parts of this country, and is a species of poplar; the twigs are short, brittle, and extremely bitter to the taste.

The bark should be taken from the tree, the outside shaved off, and the inner carefully dried and preserved for use. The inner bark made into a tea, and drank freely, is an excellent medicine to regulate the bile, and to restore the digestive powers, &c.

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*Vervain—Verbena Hastata.*

There are two species of this plant, the blue and the white, growing very common in various parts of the country, and is a well known herb. Used in the form of tea, or in powder, it is an excellent emetic, either alone, or combined with the thoroughwort. It has also been used with success in the first stages of consumption, and fevers.

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*Witch Hazel,*

Is a small tree or bush, and grows very common especially in new land, and is too well known to need a description. A tea made of the leaves is an excellent medicine in many complaints, and may be freely used. It is highly recommended in cases of bleeding at the stomach, either in the form of tea, or by chewing the leaves and swallowing the juice. A tea made of the bark and drank freely, is sometimes made use of in chronic rheumatism.

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*Wild Sun Flower, or Negro Head,*

Grows on rich land and along fences, from five to seven feet high, the stalk and leaves are rough, leaves narrow pointed, opposite, on long foot stalks: flowers in July and August, somewhat resembling a

common sunflower, enclosing a round head about the size of a small hickory nut, of a dark color, from whence its name *Negro-head*.

A strong decoction of the roots taken in doses of a tea-cupful every half hour until it operates, making use at the same time of an injection of the same, has proved an excellent remedy in bilious colic, giving relief where every other remedy had failed.

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*Rose Noble, or Carpenter's Square,*

Grows on rich land, and along the sides of fences and ditches, about six or seven feet high; stalk square and hollow, branching towards the top, leaves opposite, large, rough, serrated, and of a deep green color; the seed pods are small, somewhat resembling those of rattle-weed.

A poultice made of the bark of the root is an excellent application to ulcers and white swelling. [See *White Swelling*.]

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*Bedonian Plant,*

Is frequently cultivated in the gardens of this country, and possesses many medicinal qualities. The leaves and flowers are of a warming nature—strengthen the nerves, breast, and kidneys. Put into wine and drank freely, it is efficacious in removing obstructions of the liver and melt, and dissolving calculi in the kidneys, removing dizziness in the head, croup, palsy, and trembling of the limbs. The flowers powdered and snuffed up the nose, relieve head-ache. It may be used either in the form of tincture, decoction or conserve.

Take bedonian and wormwood, of each equal parts; put them into wine, digest for a few days, and drink a wine-glassful every morning, and it will be found a good preservative of health. A wine-glassful taken every morning for some time previous to the confinement of pregnant women, is said to produce very salutary effects. A strong tea of this herb is also recommended in hysteric fits; it

eases the pain and stops the spasm. . It is undoubtedly a valuable plant, and should be cultivated by every family. Any person wishing to obtain the seed can be supplied on application to the author.

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White Walnut, or Butternut—*Juglans Alba*,

Affords one of the finest cathartic medicines in the whole American Materia Medica. An extract from the inner bark of this tree, especially of the root, operates as a purgative in doses of fifteen, twenty, or thirty grains. Age impairs its power.

The bark of the root should be collected in May or June. After cleaning, cutting, and bruising, it should have eight times its weight of water added to it. It should then be boiled to one half, strained through a thick cloth, and afterwards evaporated to the consistence of thick honey, at such a distance from the fire that it shall not be burnt in the least. It may then be dried in a warm oven till it will pill. Take four or five pills the size of a pea for a purge. A common sized pill or two on going to bed, is admirable to relieve those costive habits, which occasion head aches, loaded stomachs, colics, &c. And in increased doses, say double quantities, it will be found a sovereign medicine in dyspepsia, dysentery, bilious fever, and all other complaints requiring aperient medicines.

The bark of the root is excellent to raise a blister, and therefore may be substituted for Spanish flies.

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*Red Chick-Weed, Description of, &c.*

It is a small plant, growing something like persley, only the leaves are considerably smaller, with small black spots on the under side, bears a small red blossom in June. It ought to be gathered when in full bloom, thoroughly dried in the shade, and carefully preserved.

A decoction made by boiling an ounce of the herb with the same quantity of hops, in a quart of water, in a clean earthen pot, strained, cooled, and then



bottled, and taken in doses of a gill two or three times a-day, it is said to be an effectual remedy for the bite of a mad dog. It is no doubt a valuable plant, and should be cultivated in our gardens.

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*Narrow-Leafed, or Sour Dock.*

This plant grows plentifully in this country, and is too well known to need a description.

A decoction made by boiling a quantity of the roots in soft water, and applying it, is highly recommended in cancers. It should be applied as warm as it can be borne. The cavity of the ulcer should be filled with the liquor for a few minutes; then scrape some of the root and pound it fine, put it on gauze and lay it over every part of the ulcer, then dip a linen rag in the decoction and apply it over the gauze; repeat it three times in twenty-four hours, drinking each time a wine-glassful of the decoction in the third of a glass of port wine sweetened with honey.

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*Sumach, Common, use of &c.*

The bark of the root of sumach is considered one of the best anti-septics produced by vegetation. Corroding ulcers, defying every common application, have immediately began to heal by washing them with a strong decoction, and applying the boiled bark as a poultice. It is a very important material in decoctions for hectic or scrofulous diseases. Prepared in the following manner it is of infinite service in the venereal disease.

Of the inner bark of pine and swamp elm, and the bark of the root of sumach, take each one pound—boil them in a gallon of water to three quarts, drink half a pint three times a-day; if costiveness be produced, a dose of salts may be used. If there be ulcers, they are to be washed with a decoction made warm. The detergent effects will appear in a very short time. Abstinence from too much stimulants will accelerate the cure. Instances can be

produced of the effects of this remedy which would stagger credulity. Mercury and nitric acid have failed, but this has never been known to fail when properly applied. It is, moreover, a fine application in dysenteric affections.

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*Hemp, Common.*

This article is too well known to need a description, and possesses the most active medicinal properties, especially in female complaints, and cannot be too highly valued.

A strong tea made by steeping a handful of the leaves, green or dried, in boiling water, and taken in doses of a tea-cupful every fifteen or twenty minutes, is an effectual remedy for the hysterics. A gill of the seeds pounded, and infused in a pint of boiling water, and taken in doses of a gill every fifteen minutes, is an admirable remedy to check the flooding after abortion. It will also prevent abortion if taken in time. This plant has proved of such infinite service in those cases, that it cannot be too highly valued; and should be constantly kept by every family.

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*Bitter-Root, or Wandering Milk-Weed,*

Grows in fields about two feet high, branches numerous, and smooth, resembling buckwheat, with similar white blossoms; when the stalk is broken it discharges a milky juice. The roots are long, from which spring other stalks, from whence its name *wandering*.

The bark of the roots is the part used as medicine. They should be dug and dried; and when dry, the bark is easily separated from the wood by pounding it in a mortar. It is intensely bitter, and is an excellent corrector of the bile, and is esteemed as a cathartic in cases of costiveness. In the form of infusion it sometimes acts as an emetic.

*Seneca Snakeroot, use of, &c.*

Half an ounce of this root, bruised, and boiled gently in a pint of water until it is reduced to one half the quantity, and given in doses of a tea spoonful every hour, and in doses of five or six drops in the intervals, until it vomits or purges, is said to be an effectual remedy for the croup. After it has operated it should be continued in dose of six or seven drops to keep up the stimulus in the mouth and throat. It has also been administered in cases of inflammatory sore throat, with the happiest effects.

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*Directions respecting the Collection and Preservation of Vegetable Substances.*

Vegetable matters intended for medicine should be gathered from where they grow spontaneously, in general from high and dry soils. They should be gathered in dry weather, after the dew is off them, and are to be freed from decayed, withered, or foreign leaves. They are usually tied in bundles, and hung up in a shady, warm, and airy place, or spread upon the floor and frequently turned. If very juicy, they are laid upon a sieve and dried by a gentle degree of artificial warmth. They should be dried in such quantities at a time that the process may be finished as quickly as possible; for by these means their powers are best preserved; the test of which is, the perfect preservation of their natural color.

Roots which are annual should be gathered before the plant shoots, or after the sap has returned in autumn. Those which are worm-eaten or decayed are to be rejected. The others should be dried without washing; after drying they should be cleaned with a brush, and the fibres and little roots, when not essential, are to be cut away. Roots that lose their virtues by drying, or are directed to be preserved in a fresh state, are to be kept buried in dry sand.

Seeds and fruits are to be gathered when ripe, but before they fall spontaneously.

Barks and woods should be collected in spring and autumn, when the most active part of the vegetables are concentrated in them. Spring is preferred for resinous barks, and autumn for those that are gummy. Barks should be taken from young trees, and freed from decayed parts and all impurities.

The proper drying of vegetable substances is of the greatest importance. It is often directed to be done in the shade, and slowly, that the volatile and active particles may not be dissipated by too great a heat; but this is an error, for they always lose infinitely more by slow than by quick drying. When on account of the color, they cannot be exposed to the sun, and the warmth of the atmosphere is insufficient, they should be dried by an artificial warmth less than 100 degrees of Fahrenheit's thermometer, and well exposed to a current of air. When perfectly dry and friable, they have little smell; but after being kept some time, they attract moisture from the air, and regain their proper odor.

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*Explanation of Weights and Measures.*

WEIGHTS.

20 grains make		1 scruple,
3 scruples	- - -	1 drachm,
8 drachms	- - -	1 ounce,
12 ounces	- - -	1 pound.

MEASURES.

60 drops make		1 drachm,
8 drachms	- - -	1 ounce,
12 ounces	- - -	1 pint,
2 pints	- - -	1 quart,
4 quarts	- - -	1 gallon.

A drop will contain a quantity proportioned to the size of the mouth of the phial from which it falls; a common ounce phial should be a medium size.

## PART SECOND.

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### MARRIED LADY'S COMPANION.

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*To the Married Ladies of the United States, this part of this little work is respectfully inscribed.*

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Curiosity, a thirst for knowledge, and a desire for improvement, seems more natural to the female than to the male part of the community. In former ages females were almost the only physicians to attend the sick; although kept in ignorance generally, upon literary and philosophical subjects. The diseases of the human system, and the articles of the materia medica, then known, were objects of their study and care. And though in the present age of civilization and refinement, more attention is paid than formerly, to the enlargement and cultivation of their mental powers and to their improvement in scientific and literary attainments, it is to be hoped that they may never be induced to abandon or neglect that attention to studies, which may teach them to preserve human life, and to alleviate human suffering; and which must necessarily be of constant service to them in after life, whether as individuals or heads of families. The mistress and mother of a family, occupies one of the most important stations in community; and it is highly necessary that she should have some acquaintance with the theory of medicine, and some skill in its practice, to enable her to perform the duties of her station with credit to herself, and with advantage to her family.

This treatise is intended for the service of those married ladies who are bringing up families of

young children, and who are unacquainted with the numerous diseases to which they will be exposed. Many of them may be easily remedied with little expense to their husbands, by a knowledge of their causes, and of such articles as will destroy those causes.

The means of preventing diseases, are no less important than the method of cure. An intelligent mother, who has taken pains to inform herself in the principles of complaints in general, as respects their nature, cause, cure, and method of prevention, may with small expense and proper attention to their diet, during the summer months, keep her family in good health; while the neighboring children, whose parents are ignorant of those things, are sick, and dying with the dysentery, diarrhœa, cholera morbus, &c. &c.

This treatise is also intended for the consideration of those elder married ladies, who are fitting their daughters to fill stations similar to those in which they themselves are placed. It may put in their possession principles of certain diseases, and methods to relieve them, which before had not come within their reach, and which they are perfectly capable of understanding; which may better enable them to counsel and advise those who are still under their charge.

Men whose thoughts are occupied with the difficulties of business, and who are obliged to devote their whole attention to it, generally leave the charge of their children solely to their wives. How pleasing it is to a man of understanding, to see that his wife not only governs the conduct and disposition of his children with care and correctness, but that she also watches their health, and is always the first to know when they are indisposed. And would it not be still more pleasing to such a man, if his wife understood the nature and cause of his children's illness, and the remedy to remove that cause before they became very sick and confined to bed,



and before necessity compelled him to employ a physician? The children are always under the eye of their mother; she is always the first person to whom they mention their pains, and make their complaints. The mother, therefore, is the proper person to direct their diet and their conduct. She has a better opportunity and more leisure than her husband, to inquire into the nature and cause of her children's complaints, and consequently more leisure to exercise her mind in obtaining a knowledge of the remedies which may relieve those complaints.

For this and other useful purposes, this work is addressed to the female heads of families, with a hope that it may in some degree prove a source of benefit to themselves and their families.

It cannot be expected that a work of this kind will consist of such interesting matter, (to some persons) as that of a novel, a tale, &c. is generally composed. If this treatise should excite curiosity, or even create amusement in the minds of some of its readers, I trust that it may, in the minds of others, prove an entertainment which may contribute, in some measure, to their improvement.

The observations on dyspepsia (or indigestion,) if strictly attended to, are such as may be advantageous to those who lead a sedentary life, and who are subject to the distressing phenomena, which accompany this disease. If those who live in opulence will exchange some of the luxuries of their tables for the pleasures of temperance, industry and exercise, by riding frequently in the open and pure air, retiring early at night, and rising early in the morning, although they may lose the pleasures of the former, for a few years, they may enjoy the pleasures of the latter to a good old age.

What a mystery is the mind of mankind to itself! Good living, with moderation, generally proves innocent, and has a friendly influence upon health and long life; but intemperance in eating and drinking,

creates destructive effects upon the human system. These effects impair the memory, and render persons unfit for business. They weaken the understanding, and corrupt the moral faculties; are the predisposing causes of disease, and gradually shorten the lives of those who are under its baneful influence. If he chance to be a husband, who is addicted to these customs and vices, who can imagine the anguish he causes in the bosom of his wife! If she is a wife, under the same influence, what shame and disgrace does she bring upon her husband and family! But if both husband and wife are under this baneful influence, their children may picture misery, crime, infamy, and disease, with every other aggravation of wretchedness that occurs to fallen man.

Females have sometimes been led to seek relief from the disagreeable sensations called breeding sickness, by the use of ardent spirits, and have thereby acquired a fondness for, and a habit of using this substance, much to their injury, and but little to their relief. They will find the use of alkaline preparations, such as soda powders, soda water, lime-water, salt of wormwood, &c. together with a little gingerbread or biscuit, to keep the stomach from being empty between meals, much better remedies, and contribute more to their relief, than even wine or spirituous liquors. In those cases there seems to be a tendency to the accumulation of acidity in the stomach. The use of spirituous liquors will serve to increase this tendency, while the use of alkalies or antiacids will serve to destroy and correct it.

Such remedies are offered as have proved useful in the cases for which they are recommended. It is not my wish to advise sole dependence on this work. In malignant cases, when danger and difficulty occur, no time should be lost in applying to a skilful physician. Such remedies as are useful in the hands of the mother and the nurse, prove still

more useful in the hands of an eminent physician, who has a superior judgment for increasing or diminishing the doses, according to the circumstances of the patient.

The object most dear to the author, in putting this work together, has been, to mitigate the sufferings, relieve the miseries, and alleviate the distressing pains of the human family. Such as it is, peruse it in your leisure hours—and when you are watching the distresses and pains of your helpless, sick infants, it may perhaps put you in mind of something that will afford them comfort or relief; and surely, I believe, it will never tend to injure your reputation in society, or corrupt your morals.

Accept, dear ladies, my earnest wishes for your information on this subject. And that it may prove to you a source of comfortable reflection, and a means of enlarging your capacities and opportunities for usefulness, through the many trying scenes in this life, is the sincere prayer of your cordial friend.

A. W.

## MARRIED LADY'S COMPANION.

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### *Menstruation.*

The monthly evacuation is one of the principal constitutional characteristics of the female sex. It generally takes place at the age of from twelve to fifteen, and continues until between forty and fifty. Some women begin to menstruate without any previous indisposition; but, with most of them, the first appearance of the discharge is preceded by a swelling of the breasts, together with a sense of fulness in the lower region of the belly, pains in the back and lower extremities, and some slight hysteric affections; all of which cease as soon as the flow takes place.

It is of importance for women to know that occasional irregularities are not always the consequence of this disease. Constitutions vary as much in respect to the regular returns of this discharge, as they do with regard to its first appearance, or its final cessation. Those in whom the change occurs very early, from vigor of constitution, require little to be done for them; but in weaker and less plethoric young women, the non-appearance of this evacuation is too often considered the cause, whereas it ought to be viewed as the effect of the state of the habit, unpropitious to its taking place. And according to family practice, under this false impression, warm teas and forcing medicines are employed at the approach of the disease, which have often done much harm.

Nature is not so defective in her own judgment as to require such auxiliaries. Care should be taken so to manage the habits of their lives, as to improve the general state of their health, by attention

to diet, moderate exercise, change of air, and cheerfulness; which will be found to have the happiest influence on the body and mind, and give a salutary impulse on the circulation of the blood.

For the two or three first times of its appearing, it is apt to be somewhat irregular, both as to the quantity of the blood which is discharged, and the period of its return; but after these, it commonly observes stated periods, and nearly the same quantity is lost at each visitation, unless some irregularity takes place.

To ascertain the quantity generally discharged, with exactness, is impossible, as it varies in different women, and greatly depends on the constitution. Those of a delicate habit and lax fibre have a more copious discharge, than women of a robust constitution. However, in general, the menses continue to flow from four to six days, and the quantity discharged is about five ounces.

When the habit of a young woman is full, and the complexion fair and florid, a low diet, cooling cathartics, and bleeding, will be proper to relieve some occasional indisposition; but the same complaint must be treated differently, if the constitution be backward, the frame delicate, and the person of a melancholic temperament. In such cases, a nourishing diet, change of air, gentle exercise, particularly riding on horseback, with strengthening medicines, as the rust or tincture of steel, or other tonics, together with the occasional use of some stimulating purgative to keep the bowels open, are the best to assist nature.

When an immoderate flow of the menses arises from a full habit, it is often preceded by headach and giddiness, and is afterwards attended with pains in the back and loins, some degree of thirst, universal heat, and a frequent, strong, hard pulse; but when it arises in consequence of a laxity of the organ, or of general debility, the symptoms attending it are, paleness of visage, chilliness, unusual fa-

tigue in exercise, pains in the back, together with a loss of appetite, and indigestion.

Where a profuse flow of the menses is attended with pains in the back, and the patient is of a full robust habit, the body should be kept gently open with laxatives that give but little stimulus; administering cooling medicines, drinking freely of cool acidulated liquors, such as lemonade or tamarind beverage.

Where we suppose that it proceeds from a laxity of the vessels, besides keeping the woman in a recumbent posture, shunning much external heat, and avoiding costiveness, and the other remote causes, we should apply sedatives and astringents, both of which may be used externally as well as internally.

In those cases where the hemorrhage is profuse, or of long continuance, and resists the means already pointed out, it will be proper to inject into the uterus from a gill to a half pint of a strong decoction of oak bark, in which one or two drachms of alum has been dissolved, or as much of the saturated solution of alum in water, in order to constrict and strengthen the vessels of the womb. This may be repeated two or three times a-day.

To prevent a recurrence of the attack in those who are subject to it, the patient must necessarily avoid the causes by which it has been produced.

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### *Suppression of the Menses.*

Whenever any interruption occurs after the menstrual discharge has once been established in its regular course, except when occasioned by pregnancy, it is always to be considered as a case of suppression.

When suddenly checked, it is usually attended with considerable pain in the stomach, bowels, or back, and sometimes in the chest. In persons of a full habit the face is generally flushed, the pulse hard and frequent, flying pains in the chest, perhaps spitting of blood, cough, palpitation, and difficulty of breathing.



Cases of a delicate frame and a melancholic temperament, and especially those who have suffered from some debilitating cause have different symptoms, constituting what has been called *green sickness*, a disease always connected with, and depending on, some derangement of the sensual organs.

The cause which evidently produces a suppression of the menses, is a constriction of the extremities of the vessels of the uterus, arising from accidental circumstances, such as anxiety of the mind, cold, inactivity of the body, fear, the frequent use of acids and other sedatives, &c. In some constitutions, particularly in those where pain attends the discharge, very slight occurrences suddenly interrupt the flow, and prevent its usual return; such as passions of the mind, fright, fatigue, irregularities of diet, putting on damp clothes, &c. This fact shows the necessity for certain cautions and attention during the discharge.

The principal object we are to have in view in the treatment of this complaint, is to remove the constriction by a use of relaxants, antispasmodics, &c. As relaxants, bladders filled with warm water may be applied to the lower part of the abdomen, or by receiving warm vapors by seating the patient on a chamber-pan filled with hot water. These applications should be employed particularly at the time when nature seems to be making some effort to produce the discharge, in order that they may have their due effect.

An emetic administered about the time when the evacuation should appear, and the patient during the operation sitting in a warm bath, has sometimes been of infinite service. An obstruction may, in some instances, continue in young and healthy women, for many months without any inconvenience. This is chiefly the case in those who are very corpulent, or who have been in the pernicious practice of employing vinegar and strong purges to reduce their size. By the regular use of exercise, rising

early in the morning, avoiding supper, keeping the bowels regular, and living rather abstemiously, the health will be preserved, and in course of time the desired alteration will take place.

With the view of exciting into action the uterine vessels, the surface of the body should be kept warm by means of a flannel smock and drawers, by frequent friction of the lower part of the abdomen and limbs with flannel or a flesh-brush, and by the exercise of jumping, walking, and dancing. By marriage, or a change in the mode of life, the disorder has frequently been removed, after having resisted all the ordinary remedies. No remedy applicable to every case can possibly be discovered; therefore, medicines, with a view to restore the periodical evacuation, ought to be administered with the greatest caution.

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### *Fluor Albus, or Whites.*

This is a complaint to which women are peculiarly subject, and is marked by the discharge of a thin white or yellow matter from the vagina and uterus, attended with an offensive smell, smarting in making water, pains in the back and loins, chilliness, languor, paleness of the face, and indigestion. In process of time, every symptom becomes highly aggravated, the feet and ankles swell, palpitations and difficulty of respiration are experienced, the menstrual discharge is rendered irregular, the mind is dejected, and either dropsy or consumption supervenes and terminates fatally.

The causes which give rise to this disease are, injury done to the parts by difficult and tedious labors, frequent miscarriages, immoderate flowings of the menses, an inactive and sedentary life, poor diet, profuse evacuations, &c.

In some instances it appears to depend on a full and irritable habit of body, and, in other cases, of local irritation; such as disorders of the womb, or of

the urinary organs, or a collection in the gut of the small thready worms called ascarides.

In the treatment of this disease regard must be had to the apparent cause, and to the state of the patient. The discharge is too often considered by the sex as the effects of general weakness in their habit, and, therefore, are led to the indiscriminate use of heating medicines, as balsam copaiva, wine, &c. without paying attention to the habit of the body, or cause of the disease.

The cold bath, as sponging the thighs and loins with cold water every morning, proper exercise, due attention to cleanliness, change of air, and a milk diet, are often sufficient to arrest the disease, if applied in time.

When the disease proceeds from worms, bitter clysters, and purgative medicines, will be proper.

To obviate debility and fainting, a generous nutritive diet, consisting of isinglass, boiled up in milk, jellies, sago, and light meats, together with cordial medicines, particularly port wine, are very proper.

Women afflicted with this disease, should by no means indulge in the use of teas—should lie on a matrass in preference to a feather bed; they should rise early, and take daily exercise on horseback.

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### *Diseases of Pregnancy.*

We cannot be surprised that it should be the source of many disagreeable sensations, and the cause of many diseases, when we reflect on the changes which are produced by pregnancy. No part of the human body is possessed of greater irritability than the womb; nor any part of the increased irritability of which is more readily communicated to the system in general. The breasts are so connected with the womb by their office, that every affection of that organ is immediately accompanied by some change in the breasts. The stomach, next to the breasts, most readily sympathises with the womb; and through the stomach, the head and the

heart are very soon brought to participate in its changes and complaints.

*Nausea and Vomiting* —Pregnant women are apt to be troubled with frequent nausea and vomiting, and in many cases it reduces them to a state of great debility. It is generally sufficient to keep the bowels open. But when it becomes troublesome, it is necessary to interfere in time, otherwise alarming nervous complaints may be induced. The most effectual means of affording relief in those cases are blood letting, and gentle laxatives regularly administered. Laudanum or mint, rubbed on the pit of the stomach, or administered in the form of injection, has sometimes been useful. This sickness most frequently arises in the morning immediately upon getting up, and in those cases a cup of tea or coffee should be taken before rising.

*Heartburn* sometimes accompanies every stage of pregnancy, but is commonly confined to the early stages. To obviate it, half a drachm of magnesia may be taken morning and evening. When the heartburn is attended with a constant desire to hawk up phlegm, the stomach should be emptied by a gentle emetic.

*Costiveness and Piles*—commonly attendant on a state of pregnancy, and if neglected, may produce serious consequences. Women in this situation, should never allow more than one day to pass without having a motion. Some gentle laxative should be used daily; such as a solution of manna, &c. In troublesome piles, the best application will be to make use of the pile ointment, [*see Recipes*] which will generally be successful.

*Suppression of Urine, &c.*—In some cases, there is great pain or heat in making water, and sometimes the more serious affection of suppression, during pregnancy. In the former it will be proper to bleed, to drink freely of some diluent liquors, keep the bowels open with some cooling laxative, and to wash the parts three or four times a-day with lead-water.

A suppression is apt to happen in the advanced stage of pregnancy, and should be treated by making use of emollient fomentations, and gentle purgative medicines; such as castor oil, &c.

*Longings.*—Unnatural cravings, or what are termed longings, which, however absurd they may appear on some occasions, are frequently involuntary in pregnant women; and should always, if possible, be gratified, as women are apt to miscarry from the anxiety these occasion when not indulged in them. These affections of the mind are often supposed to reach the infant in the womb, and to occasion marks and other deformities. But every mother may feel confident, that Providence has better guarded the unborn innocent, than to have exposed it to injury, from every variation in the feelings of the parent. Numberless examples could be produced to convince women, that the notion which most of them have, that figures of animals, or other extraordinary marks, are stamped on the face of the child in the womb, by the mere force of the woman's imagination, is a gross error.

*Fainting Fits.*—Should hysterical or fainting fits arise, and the patient be of a full habit, a little blood may be taken occasionally, keeping her bowels open, and putting her on a spare diet. But if she be thin, and there is appearance of nervous delicacy, strengthening remedies, as the cold bath, nourishing diet, cheerful society, regular exercise in the open air, with attention to the state of the bowels, will be proper.

*Cramps.*—Cramps of the legs and thighs, which occur most frequently when lying in bed, are to be relieved by rubbing the parts with cold vinegar, flannel, or a flesh-brush, the person wearing stockings in bed. At an advanced period of pregnancy, they are only to be relieved by labor removing the cause.

*Incontinence of Urine.*—This is a very disagreeable complaint, as it keeps the woman constantly in

an uncomfortable state. It can be moderated by a frequent horizontal posture, but is to be removed only by labor. Its bad effects may be prevented by attention to cleanliness, and the use of a thick compress of linen or sponge.

*Palpitation*, is another distressing affection to which some women are liable during the whole of pregnancy. In general, invigorating diet, moderate exercise in the open air, keeping the bowels regular, avoiding every thing that disagrees with the stomach, and whatever agitates the mind, will render the attack less frequent.

*False Pains.*—Pains resembling the throes of labor, and known by the name of *false pains*, are apt to come on at an advanced stage of pregnancy, and often to occasion unnecessary alarm.

In such cases, confinement in an horizontal posture, bleeding if plethoric, and laxative medicines if costive, will be necessary.

Shivering not unfrequently occurs in the end of pregnancy, especially in the night time; and, as labor sometimes begins with this, it creates an unfounded belief that delivery is approaching. It is either unattended with pain, or the pain is irregular, affecting chiefly the bowels or sides. It goes off by taking a few drops of laudanum, in a glass of warm tea or gruel.

*Convulsions.*—Puerperal convulsions bear some likeness to epileptic fits, and it is only by being aware of the different degree of violence attending each, that at first sight they can be distinguished. A fit of puerperal convulsion is much more severe than one of epilepsy; and a paroxysm of the former is usually so violent, that a woman, who, when in health, was by no means strong, has been so convulsed, as to shake the whole room, and to resist the powers of many attendants. No force indeed can restrain a woman when in these convulsions.

Puerperal convulsions seldom happen before the sixth month, but may occur at any time between



this period and the completion of labor, or after the labor is finished. At whatever period of pregnancy they do take place, we uniformly find, that if they are repeated, and do not prove fatal, they bring on labor, or at least open the mouth of the womb. But there are many instances where, by proper measures, the repetition of the fits may be prevented, and the patient go safely to the full time.

The formation of too large a quantity of blood, and an increased susceptibility of impression of the nervous system, occasion the tendency to this disease. When these exist in any considerable degree, circumstances suddenly bring on the fits, which, in any other condition of the body, have little influence; such as over fatigue, fright, distress of the mind, irritations of the stomach or bowels, overdistention of the urinary bladder, or obstruction to the passage of the blood through the belly and lower extremities, in consequence of the pressure of the enlarged womb. The immediate cause of the fits is an overflow, or too great determination of blood to the vessels within the head.

These facts explain the necessity for so regulating the diet and exercise during the latter months of pregnancy, as shall prevent both too great fullness of the habit, and also impaired energy of the nervous system.

Under proper and active management, convulsions are found to be in general more alarming than really dangerous. The frightful appearances which attend such cases having paralysed the exertions of practitioners, may perhaps account for the unfortunate event in many cases.

The practice consists chiefly in evacuations. The patient must be instantly bled, and the bleeding must be repeated once and again, if it does not prove efficacious. A prodigious quantity of blood has been taken away with advantage, and has been the means of saving life. Two quarts of blood have been drawn off in the course of twenty four hours

under these circumstances, and with a happy issue.

After the first bleeding, the bowels should be opened by some mild purgative, such as salts and manna, which may be repeated every third or fourth morning, until the fulness is removed. With these means the patient ought to abstain from all solid food, wine, &c.

*Discharge of Water*—May take place at different times during pregnancy, especially in the two last months. The quantity is variable, and sometimes the discharge is accompanied or succeeded by irregular pains. When this is the case give a dose of laudanum, and afterwards some gentle laxative to prevent costiveness. At the same time the patient should remain quiet in bed. By these means she may go to the full time. If the water continue for several days but trifling in quantity, a solution of alum or decoction of oak bark, should be injected up to the vagina two or three times a day.

*Discharge of Blood*—May proceed either from the passage to the womb, or from that organ itself. In the former case, no bad effects can be dreaded; but in the latter one the most serious consequences may ensue.

The immediate cause of a flow of blood from the womb, during pregnancy, is the rupture of blood-vessels, by the partial or total separation of those parts which connect the child with the mother.—This circumstance explains the difference of danger in the early and latter months; for in the former, the blood-vessels of the womb being small, are incapable of pouring out much blood; but in the latter, they are very large, and may discharge, in a short time, a great quantity.

The management of these cases may be varied according to a number of circumstances. Tranquility of mind, and confinement to bed in an airy room, lightly covered with clothes, are of great importance. A bladder two-thirds filled with cold water, or cloths wrung out of cold vinegar and

water, should be immediately applied to the lower part of the belly. If the discharge continue in small quantities, accompanied with irregular pains, a dose of laudanum, or an anodyne clyster should be administered. When it has been suddenly brought on by a fall, blow, or any great exertion, it is necessary to draw blood from the arm; but when the symptoms which threaten miscarriage have come on, it is improper either to bleed, or to give laudanum.

The languor of faintness, usually induced by loss of blood, frequently leads officious attendants to exhibit spirits or wine, as necessary cordials.—As these generally increase the action of the blood-vessels, they serve to promote and increase the discharge, and should, therefore, be strictly prohibited. In the latter stage of pregnancy, if the attacks be severe or repeated, nothing can save the mother and child but delivery, which must not be too long delayed in expectation of pains coming on, or of their becoming brisk, if they have already taken place.

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### *Abortion.*

By abortion or miscarriage is to be understood the expulsion of the contents of the womb at a period of gestation so early as to render it impossible for the child to live. It is an accident of frequent occurrence which is always attended with disagreeable circumstances, and which, although it seldom proves immediately fatal, may still be productive of much mischief at a future period.

Abortions may happen at any period of pregnancy, but they take place most frequently about the third or fourth month.

It is always accompanied with two circumstances, separation of the membranous bag, expulsive efforts, or contraction of the womb itself. The first is productive of discharge; the second of pains like those of labor. Sometimes the separation or de-

tachment of part of the conception takes place before any pain is felt; on other occasions, the pain or contraction of the womb takes place first, and produces a separation. In the first of these cases, the symptoms of abortion take place suddenly, and are usually occasioned by fatigue, sudden exertion, or fright. In the second, the child is frequently dead for some little time before the pains come on, and there are particular feelings, and changes, which indicate that a miscarriage is likely to take place; as for instance, the cessation of the morning sickness, the subsidence of the breasts, absence of motion of the child, a feeling of weight or heaviness in the lower part of the belly, &c.

The causes which give rise to abortions, are, violent exertions of strength, severe exercise, as dancing or much walking, the fatiguing dissipations of fashionable life, sudden frights, violent fits of passion, great uneasiness of mind, over-fulness of blood, profuse evacuations, excessive venery, former miscarriages, general debility of the system, a diseased state of the womb, external injuries as blows and bruises, strong acrid medicines, which are often taken for the express purpose of exciting abortion, and the death of the child.

Such criminal intentions to destroy the child by artificial means can never succeed, unless the most violent effects are produced on the organs contiguous to the womb, which seldom fail to produce inflammation of these delicate parts, and occasion the death of the mother. Whenever, therefore, women commit such unjustifiable crimes to conceal the indulgence of irregular passions, their life is exposed to the greatest danger.

When a woman is threatened with miscarrying, there are two objects to attend to; the first is to prevent it if we can; the second is, to manage it so that as little blood as possible be lost; and these are obtained even by the same means. With this view, the patient should immediately on the first alarm,

undress and go to bed, lightly covered, with a firm determination not to rise till the process be either checked or completely over. There should be little fire in the room though it should be in the winter, and, in summer, the windows must be opened. Cloths, wet with cold water, should instantly be applied to the lower part of the belly and back; the drink must be cold, and every thing stimulating avoided.

A woman that is subject to habitual abortions, and who is of a full plethoric habit, ought to be bled just before the usual time of her miscarrying. She should likewise keep the body perfectly open with gentle aperient medicines; using a spare diet, consisting principally of vegetables, and avoid all agitations of the mind, severe exercise, violent efforts, and such objects as may be likely to make a disagreeable impression on her. The sleep should be abridged in duration, and not be taken on a bed of down, but on a firm mattress, preventing at the same time the accumulation of too much heat about the body. Every day she ought to take regular and moderate exercise, being cautious at the same time not to carry it to the length of exciting fatigue.—[See Hemp.]

In women of a lax habit, bleeding would be highly improper as a means to prevent habitual abortion. For such, a nutritive and generous diet, moderate exercise in a carriage, cold bathing, together with tonic medicine will be necessary, the patient at the same time avoiding the exciting causes.

In all cases during the last stage of pregnancy, where our endeavors to stop or repress the hemorrhage prove abortive, and the life of the woman becomes endangered by its severity, it will be advisable to deliver her as soon as possible. If the ovum be still entire, and the pregnancy considerably advanced, the expulsive action is to be excited by rupturing the membranes.

When the whole conception comes away at once, the pain and discharge usually go off, but, if only the child come away, all the symptoms either continue and increase till the after-birth comes away, or, if they be for a time suspended they are sure to return.

After the process is over, if the discharge be profuse, and does not stop on the application of cold water to the lower part of the belly, it will be proper to plug up the vagina, and this is best done by taking a pretty large piece of soft cloth, dipping it in oil and then wringing it gently. This is to be introduced with the finger portion after portion, until the lower part of the vagina be pretty well filled. The remainder is then to be firmly pressed on the orifice, and held there some time for the effused blood to coagulate. In obstinate cases, previous to the introduction of the plug, we may insert a little pounded ice, or snow, tied up in a rag, if it can be procured, but neither of these should be continued so long as to produce pain or much shivering. In addition to this mode of treatment, it will be advisable to have recourse to astringent medicines as advised in immoderate flow of the menses.

Indian arrow root, sago, panado, rice milk, &c. constitute a proper regimen in this disease. If the process be protracted and the strength much impaired, the diet may be more liberal. In every case ripe fruit is safe and useful. The bowels are to be kept regular, and sleep, if necessary, is to be procured by an anodyne.

It requires great attention to prevent abortion in subsequent pregnancies, whenever it has happened.

In all such cases, it will be highly necessary to attend to the usual habitudes and constitution of the woman, and to remove that condition which is found to dispose to abortion, which may be done by attending to the rules already laid down.



*Of Labor.*

Labor generally happens in about nine calendar months, that is, from thirty-nine to forty weeks.—In some cases this time is considerably shortened, and, in others, is certainly protracted. There are two methods of reckoning, viz. from the time obstruction takes place, and from the sensation of quickening. If the former be depended on the date of conception should be taken at a fortnight before obstruction; if the latter be preferred, five calendar months may be allowed from the time that the movement of the infant was distinctly perceived.

There are three different steps in the delivery of a child: First, the mouth of the womb must be gradually opened; second, the child must be expelled; and third, the after-birth must be thrown off. The first of these effects must be accomplished by the repeated contractions of the womb, which produce sharp or grinding pains. The second is fulfilled by more forcible efforts, productive of bearing down pains, which at last, increase to great severity. The third takes place a short time after the child is born, and is attended with very slight pain.

These pains proceed from the attempt made by nature to dilate the mouth of the womb, and they must be continued until this be accomplished. The complete dilation is assisted, and rendered both easier, and frequently more speedy, by the protrusion through the mouth of the womb, of part of the membranous bag, which contains the child and the water. The degree to which it is pushed out of the womb, during a pain, varies much in different cases. Sometimes it forms a very slight projection, at other times it is very bulky, being little less than the child's head. When the membranes begin to be pushed the water is said to "gather."

The mouth of the womb being considerably opened, efforts are next made to press down the child, or to empty the womb. These produce a

change in the pains, which are attended with a little inclination to press down. This gradually increases, and, at last, the sensation of bearing down becomes very strong and irresistible; and it is observed, that though the pains are strong and forcing, they are productive of less complaint than those which, in the beginning of labor, appeared to be less severe. There is a great variety in the duration of this part of the process. It is sometimes gradual and slow, in other cases sudden and rapid. The pains may be strong and forcing, and have very little interruption, or they may come on at very regular intervals of ease.

During this period the membranous bag, in which the child lies, usually bursts, and the water which it contains is discharged. This event is succeeded by an increase of the pain, which becomes more forcing, and the spirits of the woman rise in proportion. At length the head of the child comes to the birth, and, by repeated efforts, is at last expelled. This is followed by the gradual delivery of the body. After an interval of ease, one or two slight pains are felt, which serve to throw off and expel the after-birth. The duration of this process is various, but it is generally longer in a first child than afterwards. This is particularly the case with regard to the *second stage*. Some women are uniformly expeditious, others always tedious. Some have the *first stage* slow, and the *second* quick; some have the water discharged early, others not until the child is born. Some have much sickness, or retching, or shaking; others none at all. In short, there is a great variety in these respects with different women, or even with the same woman in different labors. In a natural labor, the whole course is concluded within twenty-four hours after its commencement, often in a much shorter period.

When a woman, after a preceding day of ease, and unusual activity, about the period of her reckoning, begins to feel some restlessness about her,

with occasional pains in her loins, and side; if she further perceive that the bulk of her belly has fallen, that the motion of the child has not been for some time so sensibly, frequently, felt, and that she has a nervous hurry of spirits upon her, with a feverish glow of heat, she may then conclude that nature feels an inclination to prepare her for the termination of her pregnancy.

When labor has actually commenced, the bed on which the patient is to be delivered should be properly prepared, that it may not remain wet and disagreeable after delivery. It should be placed in such a situation that the room may be freely ventilated, without exposing the patient to a current of air. The mattrass is to be put uppermost, as being more comfortable than a feather bed when it is not daily made up. A folded blanket, or dressed sheep-skin is put next to this in order to prevent it from being wet and soiled. Over this the undermost bed-sheet is thrown, and the bed made up as usual. Afterwards, a sheet, in five or six folds, is laid across the bed, and these being removed when the child is delivered, and the woman is laid up, she finds herself clean and dry, without further trouble.

Every thing ought to be in readiness before it can possibly be needed, particularly the baby-linen and such articles of dress as the mother may require. The dress of the woman, during labor, ought to be as light and simple as possible, and so prepared that it may not be necessary to disturb them soon after delivery, by a change of apparel. When this is properly managed, they avoid an unreasonable fatigue, and the hazard arising from linen which may not have been cautiously aired. Little things are often of great importance, and are sometimes found so when too late.

Premature labor is sometimes threatened by pains, which produce, for awhile, some real change in the womb, sufficient even to give the practitioner just reason to expect that they will terminate in

delivery. But things again recover their pristine state, the alarm of nature subsides, and the woman proceeds in her pregnancy, for several days longer, and sometimes for weeks.

As the change in the womb above mentioned does certainly occur, even on a false alarm, it should put young and female practitioners on their guard, lest they promote labor too hastily either by general treatment, or any manual operation; for these would only fruitlessly tease the patient, when the judicious exhibition of an anodyne would do every thing that can be wished for.

When in consequence of irregular premature pains, the membranes containing the water with which the child is surrounded have been broken before labor has really commenced, it must be expected soon to take place, though if the pains should have entirely ceased, on the discharge of the waters, it may be delayed for some days; but it most frequently happens within twenty-four hours. There is nothing in this circumstance alarming. It may occasion the first part of labor slow, but not in any degree less safe in the end. It arises wholly from the fineness of the membranes, which contain the waters, and which must rupture in every labor, at some period or other, and hence the waters are unexpectedly discharged, in a sudden manner, without the least preceding pain.

In a slow labor, especially if it be the commencement, the time commonly spent in the lying-in apartment might, with the more propriety, be passed in the usual domestic habits. It would serve to lessen the too anxious expectation of a speedy delivery, as well as to prevent the impatience of the attendants, both of which are often improperly indulged.

A sensible woman should always consider, that in a slow labor she may be afflicted with many distressing, or what have been called, false or spurious pains; but there are very few by which nature does

not mean some good in the end. She must, therefore, give her mind to patience, as all unnecessary interference would rather retard than assist the labor, and will only be employed by the designing or unskilful.

In the first stage of labor, the bowels should, if necessary, be emptied by a clyster, or a dose of some gentle aperient medicine. All heating drinks and stimulants are carefully to be avoided, as they increase the natural tendency to fever which women have at that time, and the temporary vigor they induce is soon followed by a great degree of languor, that retards the delivery.

Violent agitations of the body must be carefully guarded against, that the waters may not be prematurely discharged, which might be productive of the worst consequences. For these reasons the frequent interference of the practitioner in the beginning of labor, except where there is some unusual resistance to the opening of the womb, or the water has drained off too early, might do much harm, and could be attended with no good effects. At that period no medicine, or other expedient for increasing the force of the pains, should be prescribed, as the more slowly the passages are enlarged, the less injury will the patient suffer. In every instance she should be kept quiet and cool, though she ought not to be confined to one position. She may be allowed to stand, walk, or sit, or remain in bed, as is most agreeable to her feelings; but she ought by no means, to stand so long or walk so much, by way of forwarding the labor, as is productive of fatigue; and, after the pains become very frequent and pressing, it will be, in general, most prudent not to come out of bed.

When the first stage is nearly completed, the woman should be placed on her left side in bed, with a folded pillow between her knees.

The bearing down pains, by which the child is forced through the passage, should be the effort of

nature alone, and ought not to be assisted by the exertions of the mother; for, in that event, either the delivery might be hurried on before the passages are sufficiently prepared, or the woman would be so much worn out that she could not undergo the necessary fatigue that attends the complete expulsion of the infant.

Voluntary bearing down must be particularly guarded against, at the time when the head of the child is only prevented from being born by the soft parts at the outlet of the basin: for if the delivery then be hastened, these parts may be readily torn. The utmost attention of the practitioner is indispensably necessary, to prevent so unfortunate an accident, in every case where, from the acute feeling of the patient, violent bearing down at that period cannot be resisted. When the child's head press against the perineum, it should be supported by gently pressing with the hollow of the hand during the pain, to prevent its tearing.

After the head of the child is excluded, the woman should be allowed to enjoy, for a little time, the temporary relief she feels, and therefore the body ought not to be immediately taken out with force, as is often done; for, besides the injuries which may be occasioned by not allowing the patient a little rest, the extraction of the after birth will be thereby rendered difficult. Two or three minutes may therefore be allowed, before the body be drawn forward.

If the patient have a rapid labor, and the midwife is at a distance, she ought to be kept constantly in bed, and refrain as much as possible from bearing down. If the child should be born before assistance is procured, the most experienced woman present should take the navel string between the thumb and finger, and, so soon as she feels the pulsation in the cord stopped, tie a string firmly near the navel, and apply another ligature about three inches from the first, and cut the cord between



these; or, if she be afraid to do this, the child must lie beside the mother till the midwife comes, taking care that the face be uncovered, to permit of breathing.

The midwife must carefully attend to the degree and force of contraction, which the womb is disposed to take on immediately, or soon after, the birth of the infant. The experienced practitioner will, indeed, have a presentiment, even while it is coming into the world, of what is likely to take place afterwards, from the manner in which the expulsion of the infant is completed. This should be effected slowly, as we have already observed, because such a practice favors that kind of action of the womb necessary to detach the after-birth. Premature or active endeavors to loosen it, must, however, be avoided, if its separation should not readily take place, by the seasonable contraction of the womb. Let the operations of nature be watched, she will prove the surest guide, though in this part of the delivery, she ought never to be wholly depended upon.

We generally find, when there has not been any sudden or hurried delivery of the infant, the after-birth is soon expelled, without any assistance.

A woman should avoid expressing any impatience about the expulsion of the after birth, as it might induce some practitioners to use that despatch which many have done, that the patient or her friends might not insinuate that they were a long while in bringing away the after birth. This kind of censure is too frequently passed upon the just conduct of the midwife, from the improper prejudice too often indulged in favor of a speedy delivery of the after-birth. Women are apt to deem that practitioner the most skilful, who is the shortest time in finishing that part of her labor. Fatal, therefore, have sometimes been the consequences of this ill-judged management, particularly among the female practitioners.

It is a mistaken idea, that in general some *external* mechanical force is necessary in order to expel the placenta. We cannot, therefore, approve of the modes occasionally recommended, of coughing, sneezing, blowing on the back of the hand, or making general pressure over the belly, with a view of helping its descent, by any kind of tight bandage applied to the abdomen immediately after the birth of the child.

We would also observe that there can hardly ever be occasion for a woman to bear down during the delivery of the placenta. Indeed, on many occasions it must be carefully avoided, lest it should produce, or increase, a disposition to the falling down of the womb. The throes which take place naturally, are caused by the contractions of the womb; and with them alone the practitioner can, generally, in due season, safely bring it away.

When the effects of nature do not tend to disengage the secundines within an hour after the birth of the infant, the interference of art ought to be submitted to. For if it be not thrown off within a short time after the infant is born, it becomes putrid, and induces an alarming fever, from which few women have recovered. In assisting the expulsion of the after-birth, unless the practitioner wait for the contraction of the womb, that part may be turned inside out. This circumstance should be properly understood by all those who happen to be out of the reach of regular assistance; for the patient's life, after an easy labor, may be destroyed by the rashness of an ignorant practitioner. By explaining, however, the case of danger, those who are prevented from being under the care of persons of skill, may thereby escape those hazards to which they might otherwise be exposed.

The after birth is generally fixed to the bottom of the womb, and as the greater portion of the womb at the full period of pregnancy, is not attached to the adjoining parts, if the navel string be pulled vi-

alently before the after birth be separated, the womb must be turned inside out, the ordinary consequence of which is fatal.

When the grinding pains are felt, by which the contraction of the womb is distinguished, the practitioner should assist by gently pulling the navel-string during a pain, and by endeavoring to bring down the after-birth through the basin, in such a manner that its progress may not be interrupted by any of the neighboring parts.

Until the after birth is expelled, the patient and midwife should be attentive lest there should be a great discharge, and if this occur no time is to be lost in checking it. This is done by exciting the contraction of the womb, by the application of cloths wet with cold water, to the lower part of the belly and to the passage, or by pouring cold water out of a pitcher from a height on the abdomen: and also by the introduction of the hand of the midwife to stimulate the womb. Some do this for the sole object of extracting the placenta, considering the retention of this as the cause of the flooding.— But this is wrong, and the mere extraction of the placenta can only do good, so far as the introduction of the hand and the means used to effect this, serve to excite the action of the womb itself.

We do not approve of a free and indiscriminate use of greasy applications, in the progress of labor. They are wholly unnecessary in the first stage of it, and in the latter part they interfere with the changes which then take place naturally, and produce that mucous secretion, by which the parts are most favorably lubricated, for the easy termination of the labor. But after the complete removal of the placenta, it will be proper to apply a small quantity of pomatum or fresh lard, to defend the parts from the acrimony of the ensuing discharges.

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#### *Management of Child-Bed.*

A child-bed woman, so soon as all the circumstan-

ces of her labor have been adjusted, may with propriety, consider herself as still in a state of health, and as requiring little more than the common cautions, and good management on all occasions necessary to preserve it.

The first hours after delivery, provided some light nourishment has been taken, should be dedicated to quiet and sleep; and no person should be allowed to enter the patient's chamber, except such as are absolutely necessary. The chamber door and even the windows, if the weather be warm, should be opened; and the room, in every respect, kept as clean and as free from every disagreeable smell, as any other part of the house.

The patient should often be supplied with clean linen, well aired; for cleanliness and pure air, are essential in this situation; and upon the strictest examination, it appears that there never was miliary eruption produced without a sweat, nor puerperal fever without foul air. The heat of the room ought to be so tempered, that the patient may neither be chilled with cold, nor yet suffer from sweat or burning.

The strictest attention should be observed to have an evacuation daily, by the use, if necessary, of mild laxatives, or by the exhibition of clysters composed of milk, oil and sugar, or of soap-suds. It is a security against fever and inflammation, and even forms one principal mode of relief when they occur. An equal regard should also be paid to get out of the bed as soon as they can with propriety, and to set up as long as possible without fatiguing themselves.

Women were formerly obliged to remain in bed for a certain number of days after delivery, by which they were much weakened and fatigued. In modern times the practice has passed from one extreme to another.

This circumstance should surely be regulated according to the strength of the patient. When

the woman feels that she can easily undergo the fatigue of rising, which in ordinary cases, happens about the second, third, or fourth day, she ought to be taken out of bed that it may be properly adjusted. If she be made to sit upright, she will suffer considerable uneasiness, and, at the same time the bulky womb, (for that organ does not resume its natural state till two or three weeks after delivery,) pressing forcibly on the soft parts at the bottom of the basin, the foundation for a very troublesome and disagreeable complaint, viz the falling down of the womb must unavoidably be laid. She ought, therefore, to be placed in a position half sitting and half lying, when out of bed, as long as the womb continues enlarged, by which means these inconveniences will be avoided.

For the same reason, walking, even from one room to another, at least as long as the lochial discharge continues, and the womb is bulky is highly improper. Many women boast that they have been able to go through the whole house within a few days after their delivery; but they often find, at a subsequent period of life, by the complaints which they suffer, that they had little cause to be satisfied with their own prudence, or the attention of the practitioner who indulged them in such liberties.

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#### *Diseases of Child-Bed.*

*After Pains.*—Shortly after delivery, these usually come on, and with some women prove remarkably severe. The quicker the labor has been, the slighter will they prove in general. Women with their first child, are seldom much troubled with after pains; but as the womb contracts less readily after each future labor, so they are more liable to suffer from them in each succeeding delivery, than in the first.

When after-pains prove so troublesome as to deprive the patient of her rest, it will be necessary to have recourse to opiates. Heated cloths or

bladders filled with warm water, may be applied as an external fomentation. These means are to be assisted by keeping up a sufficient pressure on the belly at the same time, by means of a broad bandage.

*Costiveness*—is apt to prevail after delivery, and should always be removed by a laxative glyster, or some gentle purgative, such as a solution of some neutral salt and manna, or about an ounce of castor oil.

*Flow of the Lochia.*—In all women, a quantity of blood is discharged after delivery, produced by the removal of the placenta, which thereby lays bare the mouths of the blood-vessels in the inside of the womb; and this commonly continues until the womb contracts to such a size as to close them up again. The discharge for the four or five first days consists usually of florid blood, after which time it assumes a mucous appearance, and so ceases gradually.

In weak and relaxed habits, it sometimes happens, that, instead of saturating a cloth now and then as is natural to all women, the blood gushes out with such rapidity and violence as to run quickly through all the bed-clothes, and even to soak through the bed itself; in which case the patient will be reduced to a state of great debility, if the flow of blood is not soon restrained. To effect this the means recommended for immoderate flow of the menses, must be adopted.

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### *The Milk Fever.*

About the third or fourth day after delivery. the breasts become turbid and painful, from the secretion of milk which then takes place in them.—When this is moderate and free, no inconvenience will be experienced; but when copious and accompanied by any obstruction in the lactiferous tubes, in consequence of the use of some repellent application, or of an exposure to cold, the breasts will then become hard, and painful, and a small fever



will arise, accompanied by nausea, restlessness, pains in the head and back, and a considerable degree of thirst.

To prevent any consequences of this kind, it will always be advisable to apply the child to the breasts at a very early period after birth. By delaying to do so immediately on the secretion of milk commencing, the breasts are not only apt to become much enlarged and distended, but the nipples are often so much retracted, that the child cannot lay hold of them without the greatest difficulty.

Where the mother's health will not admit of her suckling the child, or any other thing happens to prevent it, she should be careful to have her breasts drawn three or four times a-day by some other person; and with a view of preventing a copious secretion of milk, she should use a very spare diet, keep her body perfectly open with laxative medicines, and abstain as much as possible from all liquids. This mode of proceeding will be far preferable to the use of repellent applications to dry up, or put a stop to the secretion.

If any degree of fever arises, besides confining the patient to a spare diet, she should be kept quiet, and avoid costiveness by means of cooling laxatives.

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#### *Inflammations and Tumors in the Breasts.*

From exposure to cold, and neglecting to put the child at an early period to the breasts, or get them drawn by some other person, accidents of this nature happen very frequently to lying-in women.

With respect to the mode of treating these kind of tumors, a discussion of them ought by all means to be attempted on its first appearance; the distress and pain which always attend on a suppuration of the breasts being very great. When the inflammation and swelling have been of such long standing as to show an evident tendency to suppurate, any attempt to discuss the tumor will not be advisable.

Where discussion is proper the strength is to be supported by a cool spare diet; the body is to be kept perfectly open with mild laxatives, pain and irritation are to be allayed by small doses of opium; and the inflammation, when considerable, is to be allayed by the application of linen cloths dipped in some sedative lotion, such as liquor acetate of ammonia, rectified spirits and pure water of each equal parts. To assist the effect of these means, the breasts are to be evacuated frequently throughout the day, but more particularly the one diseased, either by the infant or some other person accustomed to the business. When they are so much swelled as not to allow of laying hold of the nipple, the proper glasses made for that purpose should be employed.

If the tumor proceeds to suppuration, notwithstanding we may have used every endeavor to prevent it, we should then assist the operations of nature by the application of emollient poultices and fomentations. As soon as the suppuration is completed, the tumor should be opened, after which it may be dressed with dry lint, and a pledget spread with some kind of digestive ointment be laid over all. Should any fresh suppuration ensue, which not unfrequently happens, the same mode of treatment must be adopted; and that proper pus may be formed, the Peruvian bark, with a moderate quantity of wine, will be necessary.

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#### GLOSSARY, OR EXPLANATION OF TECHNICS.

**Abdomen**, the belly.

**Abortion**, miscarriage.

**Abcess**, a tumor containing matter.

**Absorbents**, medicines to correct acidity.

**Accelerate**, to quicken.

**Acrid**, sharp and corrosive.

**After-birth**, is the substance connecting the child with the mother in the womb.

**After-pains**, pains that occur after labor.

**Alkali**, any substance which mingled with acid produces fermentation.

**Antiphlogistic**, counteracting inflammation.

**Antiscurbotic**, good for scurvy.

**Antispasmodic**, that which tends to prevent or remove spasm.

**Antiseptics**, medicines to correct putridity or rottenness.

**Aperient**, opening.

**Aromatic**, spicy, pungent.

**Astringents**, medicines to correct looseness and debility.

**Bile**, or **Gall**, a fluid secreted by the liver into the gall-bladder, and thence discharged into the intestines for the purpose of promoting digestion.

**Bolus**, a form of medicine in a mass larger than pills.

**Calculous**, stony or gravelly.

**Callous**, hard or firm.

**Capsule**, a dry hollow vessel containing the seeds of plants, &c.

**Cataplasm**, a poultice or soft plaster.

**Catarrh**, a discharge from the throat or head.

**Cathartic**, a purge.

**Caustics**, burning applications.

**Cautery**, the act of burning with a hot iron or caustic.

**Cutaneous**, belonging to the skin.

**Contagion**, infectious matter.

**Contusion**, a bruise.

**Convulsions**, violent motions, fits.

**Corrosive**, substances that consume or eat away.

**Debility**, weakness.

**Decoction**, a preparation by boiling.

**Deleterious**, poisonous, deadly.

**Delirium**, light headedness.

**Demulcent**, softening, sheathing.

**Diaphoretic**, promoting sweat.

**Diarrhœa**, looseness.

**Diabetes**, incontinence of urine.

**Diuretic**, whatever promotes the secretion of urine.

- Dyspeptic**, bad digestion.  
**Efflorescence**, eruption, or the redness round it.  
**Effluvia**, exhalation.  
**Epidemic**, contagious.  
**Eructation**, a belch.  
**Excoriation**, loss of skin.  
**Exhibit**, to administer.  
**Expectoration**, a discharge from the breast.  
**Extremities**, arms and legs.  
**Febrifuge**, removing fever.  
**Febrile**, feverish.  
**Fœtid**, of an offensive smell.  
**Flatulent**, producing wind.  
**Flooding**, an overflow of the menses.  
**Fomentation**, partial bathing, by the application of flannels dipped in liquids.  
**Friction**, the act of rubbing.  
**Fungus**, proud flesh.  
**Fumigation**, a vapor raised by burning.  
**Gargle**, a wash for the mouth and throat.  
**Gland**, a secretory organ.  
**Hemorrhage**, a flow of blood.  
**Hepatic**, relating to the liver.  
**Hypochondriacal**, melancholy, low spirits.  
**Immersion**, plunging under water.  
**Indigestible**, difficult of digestion.  
**Infection**, contagion.  
**Inflammation**, an increased action in the part.  
**Infusion**, steeping any thing in liquor without boiling, as tea is made.  
**Intestines**, the internal part of the body.  
**Languor**, want of spirits or strength.  
**Laxatives**, relieving costiveness.  
**Ligature**, a bandage, any thing tied round another.  
**Liniment**, a composition of the consistence of oil.  
**Lochial Discharge**, or **Cleansings**, a discharge from the womb.  
**Membrane**, a web of fibres interwoven, for covering certain parts.  
**Menses**,  
**Menstruation**, } the monthly courses.

**Morbid**, diseased, corrupt.

**Mucilage**, a glutinous, slimy substance.

**Mucus**, resembling the matter discharged from the nose, lungs, &c.

**Narcotics**, medicines producing torpor and sleep.

**Nausea**, an inclination to vomit.

**Nervous**, irritable.

**Oolong**, considerably longer than broad, and narrowed, though rounded at the ends.

**Opiates**, medicines which promote sleep.

**Paralytic**, relating to palsy.

**Paroxysm**, a periodical fit or attack.

**Phlegmatic**, relaxed and abounding with phlegm.

**Phlogistic**, inflammatory.

**Placenta**, see **After Birth**.

**Plethoric**, of a full habit.

**Preternatural**, unusual, not natural.

**Paerperal**, of, or belonging to child-bed.

**Pulmonary**, belonging to the lungs.

**Pus**, matter.-

**Regimen**, regulation of food, air, exercise, &c.

**Retention**, the retaining some natural discharge.

**Rheumy**, an acrid discharge.

**Saline**, consisting of salt.

**Saliva**, spittle.

**Scorbutic**, of, or belonging to scurvy.

**Scrofulous**, of, or belonging to the king's evil.

**Secretion**, the separation of fluids from the body.

**Secundines**, the after-birth and membranes.

**Sedatives**, composing medicines.

**Serous**, thin, watery.

**Serrated**, notched like a saw.

**Slough**, the parts that separate from a sore.

**Spasm**, cramp, convulsion.

**Specific**, an infallible remedy.

**Stimulants**, irritative medicines.

**Stomachic**, medicine for the stomach.

**Strangury**, a difficulty of making water.

**Sudorifics**, medicines to promote sweating.

**Syncope**, fainting.

Tetany, locked jaw.  
 Tonic, strengthening.  
 Topical, local.  
 Tumor, a swelling.  
 Ulcer, a sore.  
 Umbilical cord, the navel string.  
 Urethra, the canal which conveys the urine.  
 Uterus, the womb.  
 Vagina, the passage to the womb.  
 Ventilation, a free admission of air.  
 Virulent, poisonous.  
 Vermifuge, worm-dispelling medicines.  
 Vertigo, giddiness.  
 Viscera, the entrails.  
 Viscid, glutinous, tenacious.  
 Whites, the discharge from the womb.

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